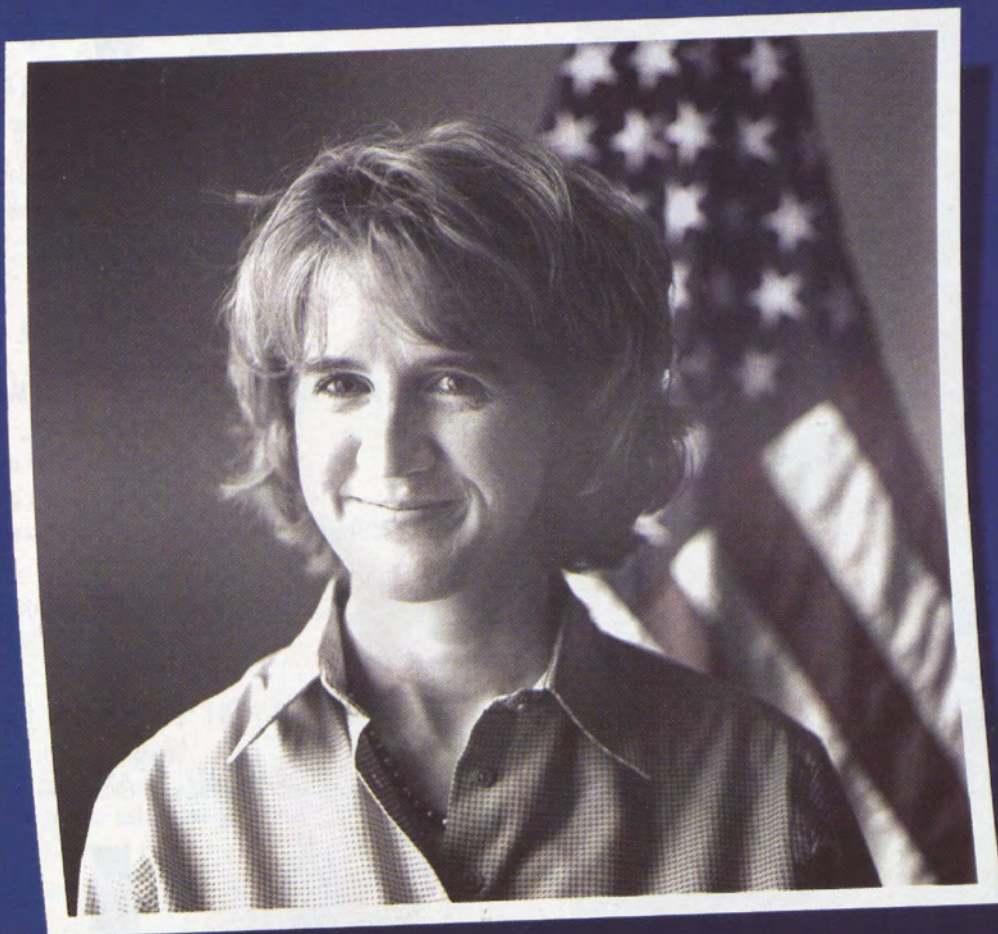


THE *Summer* 2004

# CRESCENT

of GAMMA PHI BETA



**THE VOTE 2004:  
GAMMA PHI BETAS LEADING THE WAY**

**THE ULTIMATE ENDURANCE TEST | A NEW HOME FOR GAMMA PHI BETA**

*LOOK FOR CONVENTION 2004 HIGHLIGHTS IN THE FALL ISSUE!*



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THE Summer 2004

# CRESCENT

OF GAMMA PHI BETA

VOLUME 104 NUMBER 3

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## SORORITY MISSION STATEMENT

Our mission is to foster a nurturing environment that provides women the opportunity to achieve their potential through life-long commitment to intellectual growth, individual worth and service to humanity.

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Member of the College Fraternity Editors Association





Though no one  
knows for sure  
what will come,  
I see a future  
of promise  
and times  
full of fun.



## DR. SEUSS, I AND GAMMA PHI

Oh, the places we'll go and the new things we'll see,  
if we only pursue what we aspire to be.  
There are mountains to climb and problems to solve.  
If we all work together, it will be resolved.  
It takes time, you know, to muddle through  
all those issues, and challenges and all things new.  
Why do we worry and fret over things ever small,  
Surely, together we can work through it all.  
For we know that change can be healthy as something new,  
if we only let go and use it to carry us through.  
Though no one knows for sure what will come,  
I see a future of promise and times full of fun.  
So don't just spin a wheel and let it be.  
We must aspire to do more than wear the crescent, you see.  
Oh yes, today, in our own special way, we're attaining great heights.  
We're climbing mountains to places unknown as we broaden our sights.  
We can only imagine our success to be won,  
so let's step together and move to become:

DREAMERS - Dream with a vision.  
CREATORS - Initiate opportunities and dare to risk.  
BELIEVERS - Remain true and stay focused as a team.  
THINKERS - Be strategic composers.  
COMMITTERS - Commit to goals and follow through.  
ARCHITECTS - Build our own future.  
ENTHUSIASTS - Embody positive attitudes and motivate others.  
LEARNERS - Value our heritage and don't ever stop learning.  
COMMUNICATORS - Remember to listen as well as to share.

Do you think we'll succeed? Yes, it can happen indeed...95 and .5% guaranteed.

Remember, success is a journey that takes hard work and energy too,  
so it's important to have humor and a piece of chocolate with you.

Oh, the places we'll go and the things we will see,  
if we just dream for Gamma Phi Beta, and all we can be.

As this is my final message I just wanted to say,  
thank you for the last four years, as you go on your way.  
I hope you will for always and forever continue to strive...  
to be far and away the very best Gamma Phis.

*Vicki C. Read*

Vicki Carlson Read  
International President



By Brenda Dunn Rickert (Texas) | Strategic Plan Chairwoman

## STRATEGIC PLAN/PRIORITY AREAS

### I. IMAGE

Position Gamma Phi Beta to be viewed by internal and external audiences as one of the premiere women's organizations in North America.

### II. LEADERSHIP DEVELOPMENT

Empower women to achieve their potential through the process of leadership development.

### III. TECHNOLOGY AND COMMUNICATION

Establish and maintain a system for effective communications and data management by utilizing current technology.

### IV. MEMBERSHIP

Strengthen and broaden collegiate and alumnae membership through focused efforts of extension, recruitment and retention.

### V. STRUCTURE

Provide an infrastructure that meets the needs of our constituencies while maximizing the time and talent of volunteers and staff.

### VI. FINANCE

Strengthen our financial position to provide optimum support for programs and member services.

The International Council continues to allocate resources (time, money and people) in support of the Sorority's Strategic Plan. Each of the priority areas is interrelated; and together they provide the direction

### EXAMPLES OF SUPPORTING ACTIVITIES DURING THE 2002-2004 BIENNIAL

- ☐ Increased number of collegiate participants in LeaderShape
- ☐ Continued development of the Web site
- ☐ Improved electronic communication among members and staff
- ☐ Colonization of Zeta Rho chapter at Texas A&M University-Commerce
- ☐ Extension at the University of South Carolina
- ☐ Design and development of a regional team structure
- ☐ Utilization of the New Member Manual
- ☐ Distribution of the Crescent Values Programs
- ☐ Leadership role of Gamma Phi Beta's position as treasurer and secretary of National Panhellenic Conference Executive Committee
- ☐ Implementation of alumnae dues campaign targeting Illinois, Indiana, Wisconsin and South Carolina
- ☐ Enhancement of Alumnae Volunteer Recruitment Program

in which the Sorority will be focusing its energy. Brenda Rickert (Texas) has been appointed as the Chair of Strategic Planning and will work directly with members of the International Council.

The skills and talents of the current Strategic Plan Oversight Committee chairs are gratefully acknowledged and thanked:

**IMAGE**  
**TECHNOLOGY AND COMMUNICATION**  
**LEADERSHIP DEVELOPMENT**  
**MEMBERSHIP**  
**STRUCTURE**  
**FINANCE**

**VICKI READ**  
**CORINNE MARTINEZ**  
**SUZANNE FOUCAULT**  
**CARLEEN SULLIVAN**  
**L'CENA RICE**  
**GRAYLE JAMES**

# International Headquarters

*...connecting members to resources.*



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Facilities Coordinator	x319
Senior Technology Officer	x326
Receptionist	x300
Special Projects Assistant	x334
Intern	x308

Director of Communications	x322
Communications Coordinator	x339
Print and Publications Coordinator	x314
Events Coordinator	x333

Director of Finance	x324
Financial Assistant	x301

Director of Member Services	x327
Alumnae Assistant	x309
Collegiate Assistant	x343
Membership Database Specialist	x332

### FOUNDATION

Executive Director	x305
Manager of Executive-Trustee Relations	x307
Development Coordinator	x338
Executive Manager	x304
Administrative Assistant	x342



From left: Ginger Portney Klapp (William & Mary), Sylvia Smith McPherson (William & Mary), Pat Katzenmeyer Cormaney (Wisconsin-Madison), Kit Boyd Peterson, Marcia Page Cooley (William & Mary). Bottom: Harriette Harcum Hobbs (William & Mary).



### ■ OLD FRIENDS UNITE

Long-time Gamma Phi Beta friends gathered for the wedding of Harriette Harcum Hobbs' (William & Mary) daughter, Holly.

Those who attended were Virginia "Ginger" Portney Klapp (William & Mary) and Marcia Page Cooley (William & Mary), who along with Harriette were all sisters together at the Alpha Chi chapter in the 1950s.

Pat Katzenmeyer Cormaney (Wisconsin - Madison) and Sylvia Smith McPherson (Penn State) are members of the Washington DC Alumnae Chapter. In addition, Harriette and Sylvia were charter members of the Northern Virginia Alumnae Chapter.

### ■ UPCOMING EVENT

A brunch celebration in honor of Beta Rho's 50<sup>th</sup> anniversary will be held on Sunday, October 10, 2004, from 10 a.m. to noon at the chapter house in Boulder, Colorado. All members of Beta Rho and all Colorado area alumnae are invited to attend. Please RSVP by September 1, 2004 to Lynne Abdnor Barnett (Colorado-Boulder) at 303.499.3003 or e-mail [lynnabarnett@msn.com](mailto:lynnabarnett@msn.com).

### ■ SISTERS ONLY WEEKEND

Alpha Epsilon sisters from the 1959 pledge class recently gathered in Huntington Beach,

California for an alumnae weekend. It was the first "Gamma Phi Sisters Only" weekend. The women had a great time and hope to make the get together an annual event.

### ■ ALUMNAE CHAPTER ACTIVITY

Congratulations to the re-activated Grand Rapids (Michigan) Alumnae Chapter installed March 12, 2004 (originally chartered in 1950).

Congratulations to the re-activated Greater Baltimore (Maryland) Alumnae Chapter installed June 6, 2004 (originally chartered in 1915). This group was recognized on January 31, 2004 as our newest crescent circle and is now our newest alumnae chapter. Great job!

Lake County (Illinois) Alumnae Chapter recently changed status to Lake County Crescent Circle.

### ■ ALL IN THE FAMILY

In March, Janis Lewis Jones (Southern California) and her sister Kay Lewis Foltz (Puget Sound) attended the initiation of Kay's daughter, Kathleen "Katy" Foltz (Miami), into the Beta Epsilon chapter at Miami University in Ohio.

Katy will wear the Gamma Phi Beta badge passed down by her great aunt, Ruth Getschne Irby (Kansas).



Pictured: at left, Emily and Roger Veach, at right, Jean and Chuck Hemphill.

### ■ LIFELONG ΓΦΒ FRIENDSHIPS ARE THE BEST

Chuck and Jean Bartle Hemphill (Illinois-Urbana) and Roger and Emily Carihfield Veach (Illinois-Urbana) celebrated the 65<sup>th</sup> anniversary of their 1939 college graduation in Phoenix with their children. This wonderful story of friendship began at Omicron chapter in 1935 when the women were freshmen.

While the Veachs have lived in Quincy, Illinois all these years, the Hemphills moved five times. Through all the moving, the friends managed to be attendants in each other's weddings, vacation together, cheer for the Illinois team together in 1964 at the Rose Bowl and spend a month together as snow-birds each winter for the last 20+ years.

From left: Kay Lewis Foltz (Puget Sound) with daughter Kathleen "Katy" Foltz (Miami) and sister Janis Lewis Jones (Southern California).





# USC@extension

By Chandra Claassen (Nebraska-Lincoln)  
and Jessica Jecmen (Oklahoma City)

## the university of south carolina welcomes gamma phi beta

This fall, Gamma Phi Beta will invite a new group of women to share in our Sorority experience. In September 2004, the University of South Carolina will welcome Gamma Phi Beta as the ninth Panhellenic sorority on campus.

The University of South Carolina has a strong Greek community, 30 chapters large. Located in the state's capital, Columbia, USC offers more than 35 undergraduate and graduate degrees with programs ranging from liberal arts and sciences to business, law and medicine.

Although recruitment takes place in the fall for the University of South Carolina, the extension process has already begun. On April 25, Gamma Phi Beta sponsored speaker Tony D'Angelo from The College Empowerment Company. Tony's presentation, "You Can't Lead Others Until You Lead Yourself," highlighted personal leadership development. Students, faculty and alumnae were invited to join Gamma Phi Beta on campus for this event. The extension team also hosted focus groups on campus to better understand the current Greek community.

Co-extension coordinators Chandra Claassen (Nebraska-Lincoln) and Jessica Jecmen (Oklahoma City) have already experienced South Carolina's southern hospitality in the warmth and eagerness of the local alumnae. "It's amazing how many women have e-mailed us offering to help," says Jessica. "It really shows the power of our networking all over the country."

Gamma Phi Beta plans to actively recruit new members for a colony in September 2004. Alumnae and friends of Gamma Phi Beta are encouraged to help the effort by identifying individuals who may be potential new members. Unaffiliated sophomore and junior women currently enrolled at the University of South Carolina or who plan to attend in the fall can contact Jessica Jecmen and Chandra Claassen, Extension Coordinators, at [uscgammaphi@hotmail.com](mailto:uscgammaphi@hotmail.com). Women who will be freshmen in the fall 2004 semester cannot be contacted until after USC's formal Panhellenic recruitment.

## extension recruitment dates: (following formal panhellenic recruitment)

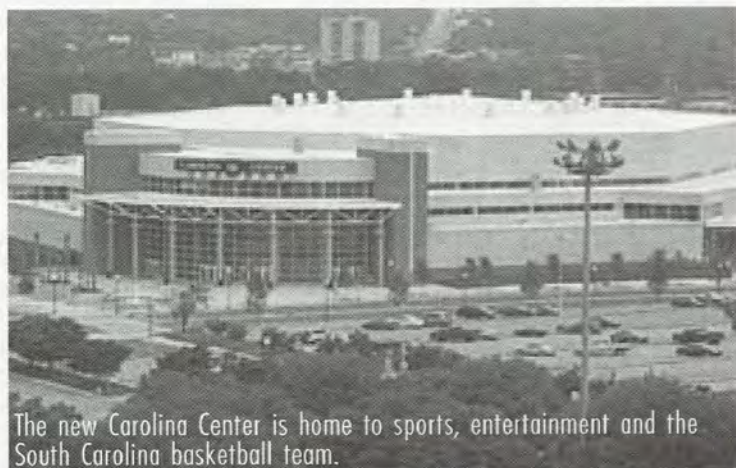
September 12: Information Session  
September 13-15: One-on-One meetings  
September 16: Philanthropy Day  
September 17: Preference Day  
September 18: Bid Day

For more information, e-mail [uscgammaphi@hotmail.com](mailto:uscgammaphi@hotmail.com).

## UNIVERSITY OF SOUTH CAROLINA



GAMMA PHI BETA SORORITY



The new Carolina Center is home to sports, entertainment and the South Carolina basketball team.

## fun facts about usc

location: Columbia, South Carolina  
enrollment: 25,288 (Columbia campus)  
percentage of students from south carolina: 88%  
athletic nickname: Gamecocks  
school colors: Garnet and Black  
alma mater: "We Hail Thee Carolina"  
fight song: "The Fighting Gamecocks Lead the Way"  
percentage of undergraduate greek students: 24%  
greek housing: The Greek community recently started a "Greek Village" giving students a home for their respective fraternities and sororities. Chapters began moving into their new homes in August 2003. Gamma Phi Beta will be seeking comparable housing in the same area.



## GAMMA PHI BETA COLLEGIATE AND ALUMNAE CHAPTERS ARE HAVING FUN, HELPING THEIR COMMUNITIES AND IMPACTING THE WORLD AROUND THEM.



Beta Gamma members take a break from Dance Marathon.

### ■ GAMMA WISCONSIN-MADISON

Chapter members had an exhilarating spring semester with philanthropic events like Softball on Ice, Paddy Murphy and Derby Days. The sisters raised a record amount for their spring fundraiser, Hugs, Slaps, Kisses.

### ■ DELTA BOSTON

In February, sisters participated in Passion Plunge, jumping into the Atlantic Ocean on Valentine's Day. They raised more than \$1,000 for the Massachusetts Special Olympics.

### ■ EPSILON NORTHWESTERN

In February, the women organized one of their yearly philanthropic events, Hugs, Slaps and Kisses. The event raised nearly \$700 for the American Heart Association and reinforced our Sorority's presence on the Northwestern campus.

### ■ THETA DENVER

The ladies of Theta chapter welcomed 25 new initiates in January and later celebrated with a Crescent Ball at Red Rocks Amphitheatre. Having already won the pillar for philanthropy at Greek Awards, the women participated in the See-Saw-A-Thon in May.

### ■ PI NEBRASKA-LINCOLN

In March, the chapter held its annual wedding party with Farmhouse Fraternity, and the French Toast Feed, with the proceeds going to the Multiple Sclerosis Society. Their semester ended with Gammies, their spring formal.

### ■ ALPHA IOTA CALIFORNIA-LOS ANGELES

Alpha Iota sisters were proud to be recognized as the sorority with the highest GPA at the University of California-Los Angeles! All members studied hard during fall quarter and worked with their scholarship chair to start a "study buddy" program in the house to achieve this high honor.

Socially, the sisters organized a team for the third annual UCLA Dance Marathon in Alpha Iota members participate in Zeta Theta's Boot Camp 2004.



February, which lasted 26 hours and benefited the Elizabeth Glaser Pediatric AIDS Foundation. They also held a philanthropic event Homerun Derby. Proceeds were donated to Camp Laurel.

### ■ ALPHA CHI WILLIAM & MARY

The chapter house renovation put color on the walls and brought new furniture and decorations. The sisters have continued to be active on campus, especially in other Greek organizations' philanthropies. The Alpha Chi sisters won both Kappa Delta's Campus Golf and Delta Phi's Croquet.

### ■ BETA GAMMA BOWLING GREEN STATE

33 members participated in Dance Marathon in March for the Children's Miracle Network. The women received the Gold Cup Award for their dedication and commitment, the most prestigious award given. The award is based on the amount of money raised and the total number of spirit points.



Beta Omicron members take time out from bowling for a group photo at chapter retreat.

### ■ BETA OMICRON OKLAHOMA CITY

The ladies of Beta Omicron started off the semester strong with their chapter retreat. The women also held Camp Fire Campout where kids from around the area came for games, arts and crafts and songs.

The sisters ended the semester with Crescent, their formal dinner and dance.

### ■ BETA RHO COLORADO-BOULDER

The chapter held Mom's Weekend in March, where members invited their mothers to a special yoga session, followed by dinner at the house.



## COLLEGIANS



A Gamma Eta member paints faces during Absolutely Incredible Kid Day®.

### BETA RHO CONTINUED...

The women held Spagammi, an all-you-can-eat spaghetti lunch to raise money for Cheley Children's Hospital Burn Camp. The charity sends burn victims to a summer camp in Estes Park, Colorado.

### BETA OMEGA NORTHERN ARIZONA

The sisters of Beta Omega participated in Relay For Life and the Jimmy Heuga Snow-Ski Express which benefits the local MS group. They also held their new philanthropy, the Phi-esta, where fraternities and sororities with the Greek letter "Phi" participate in a variety of activities which benefit the MS group and Camp Fire USA.

### BETA PSI OKLAHOMA STATE

The women of the Beta Psi chapter competed in Varsity Review, a singing and dancing competition at Oklahoma State University. The show was about a group of immigrant workers who went on strike because of poor working conditions. In the end, the immigrants did not win the strike, but instead paved the way for future labor changes. The sisters paired with Farmhouse Fraternity for the event and placed third.

### GAMMA GAMMA WISCONSIN-MILWAUKEE

Walking in Gamma Phi Wonderland was the theme as the Gamma Gamma ladies drank hot chocolate and enjoyed popcorn balls. The women also participated in Paris in Springtime, Absolutely Incredible Kid Day®, University of Wisconsin-Milwaukee's annual Greek Olympics and Party with Heart, which benefits Camp Heartland.

### GAMMA ETA CALIFORNIA STATE-LONG BEACH

The ladies of the Gamma Eta chapter invited children to the chapter house on March 20, 2004 for a day full of fun for kids. The community, neighborhood, alumnae and families all supported the event by joining in games, crafts, skits, face painting, storytelling and a karate demonstration. The event was a success, and raised \$850 for Camp Fire USA.

### GAMMA IOTA MIDWESTERN STATE

Members at Midwestern State had a blast at spring retreat, held at Lake Texhoma, Oklahoma. The members drank tea and socialized with their moms at the annual Mother-Daughter Tea and held a make-a-blanket night for Project Linus.

### GAMMA MU MOORHEAD STATE

The Gamma Mu chapter held a traditional mock wedding with Sigma Alpha Epsilon along with a Twister social with Delta Upsilon. Senior week was a bittersweet but cherished time when the women wished their seniors the best of luck.

### GAMMA TAU ST. LOUIS

In March, the Gamma Tau chapter had two teams participate in St. Louis University's first annual Relay For Life, a 12-hour walk to benefit cancer research. The walk was symbolic of one cancer patient's journey.



Beta Psi cast members.



Green clad Gamma Iota members sing for St. Paddy's Day.



## C O L L E G I A N S

**GAMMA TAU CONTINUED...**

from diagnosis to recovery. The relay provided an opportunity for the chapter to bond, raise funds and unite with the rest of the campus community. The women were part of a total effort that raised more than \$80,000.

**■ DELTA DELTA  
CALIFORNIA STATE-FULLERTON**

Gamma Phi Betas at Cal State Fullerton headed to the beach for their chapter retreat in March. The women also donated their time and support to Camp Fire USA's Absolutely Incredible Kid Day®.

**■ DELTA IOTA  
PURDUE**

In January, the women held a basketball tournament called 3-On-With-G-Phi-B to raise money for Camp Fire USA. In February, they dressed up '80s style for an all-house roller skating and laser tag retreat. The women also participated in Relay For Life to raise money for cancer.

**■ DELTA TAU  
COLGATE**

Colgate sisters sponsored several members to run in the Utica's annual American Heart Run. They also volunteered to clean up Broad Street on Saturday mornings and volunteered for a children's program at the college bookstore. The women have also put together an intramural volleyball and softball team.

**■ DELTA UPSILON  
GEORGIA**

Spring started with the chapter's second Zeta Zeta members celebrate the first football game on campus.



Zeta Gamma participants smile after taking second place in Alpha Gamma Delta's Lip Jam, a lip-synch contest.

annual 3-on-3 basketball tournament, which benefits Athens Playground. They showed their support at Relay For Life, and then danced the night away at the Crescent Ball in downtown Atlanta at the Fox Theatre.

**■ ZETA DELTA  
SOUTHEAST MISSOURI STATE**

Southeast Missouri State sisters held their annual fundraiser, Moonball, where fraternities competed in a volleyball tournament to benefit Camp Fire USA.

**■ ZETA EPSILON  
DUQUESNE**

The women sponsored their 8th Annual Cut-A-Thon, which raised more than \$1,600 for the Leukemia Society.

**■ ZETA ZETA  
COASTAL CAROLINA**

The chapter worked hard to earn the highest all womens' and all students average GPA. They also held their annual Big Man on Campus and Bids for Babes, raising money for Camp Fire USA.

**■ ZETA ETA  
LANDER**

In the spring, Zeta Eta joined other fraternities and sororities on campus to build handicapped ramps for people in the community.

**■ ZETA THETA  
PEPPERDINE**

Zeta Theta members kicked off 2004 with their annual Boot Camp philanthropy and donated \$1,750 to Camp Fire USA and to Camp Laurel, a camp for kids with HIV and AIDS. The San Fernando Alumnae Chapter sponsored a senior breakfast for the chapter. The spring formal theme was Bright Lights, Big City and was held on the top floor of a Los Angeles high-rise hotel.

After being awarded the highest grades for the fall semester, the women of Gamma Pi take a break on the stairs.





## C O L L E G I A N S & A L U M N A E

### ■ ZETA IOTA VALPARAISO

The Zeta Iota chapter at Valparaiso University held its annual Mr. Valpo philanthropic fundraiser. The male beauty and talent pageant was themed Cowboy Take Me Away. The sisters had a great time and raised money for Camp Kearney, the chapter philanthropy.

### ■ ZETA RHO TEXAS A&M-COLLEGE STATION

The women of Texas A&M University proudly celebrated chapter installation and initiation on February 21, 2004, making Gamma Phi Beta the twelfth Panhellenic sorority on campus. With a charter class of about 80 women, the Zeta Rho chapter is well on its way to great success.



Katie  
Atikian

many functions at her home and was Pasadena's Panhellenic Delegate for many years. In May, the group had their fifth Sierra Madre Playhouse fundraiser. It was started by Katie and although she was only 35 at the time of her death, she was a very vital part of the chapter. Both will be missed.

### ALUMNAE ■ CALIFORNIA

The PASADENA Alumnae Chapter mourns the recent loss of two members, Katherine "Katie" Atikian (California-Riverside) and Florence Cooper Blight (UCLA). Florence was the backbone of the alumnae chapter. She hosted

In October, SOUTH BAY CALIFORNIA alumnae decorated T-shirts for Halloween to take to the children at the Pediatric Unit at UCLA, Harbor General Hospital, which has been a chapter tradition for five years.

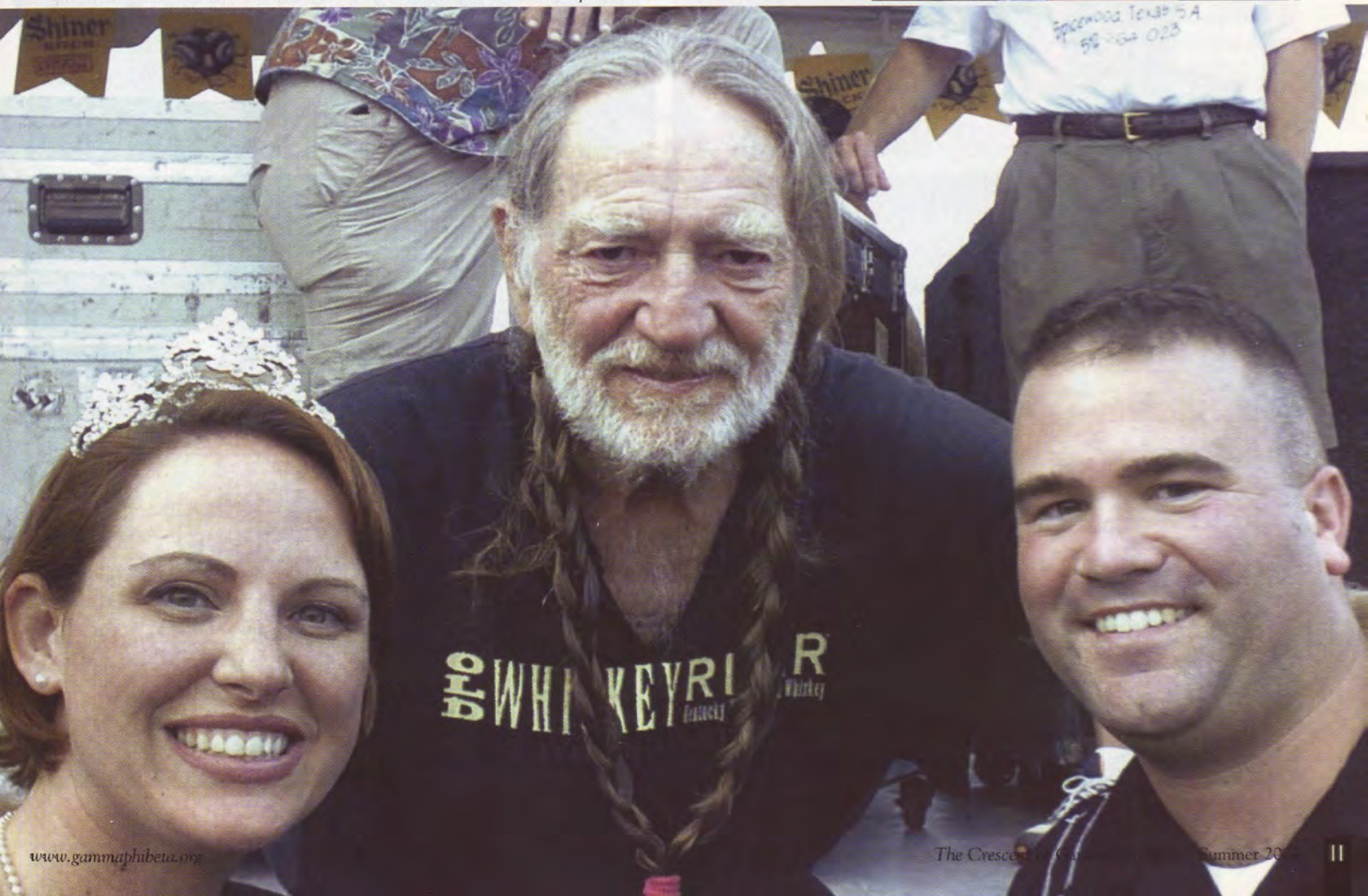
### ■ COLORADO

Fourteen FORT COLLINS alumnae met for the chapter's annual Valentine's luncheon and made a contribution to the Food Bank of Larimer County.



Donna Cazel plays the piano with husband Jack while leading the Naples Area Alumnae Chapter in song.

Jeannie Panton Deakyne (Arizona), Mrs. Bell County 2004 (Mrs. Texas Pageant), with Willie Nelson and her husband at the 2003 Willie Nelson Hill Country Classic.





# Our Sorority Smiles



1. Epsilon Zeta members get together during a day of community service. 2. Zeta Rho members fire up for spring recruitment 3. Cincinnati alumnae gather for dinner including one of two newborn Cincinnati area Gamma Phi Beta legacies. 4. University of Oklahoma alumnae join for brunch before cheering on Oklahoma at the Sugar Bowl. 5. University of Wisconsin alumnae celebrate the New Year in Chicago. 6. The Birmingham Alumnae Chapter Picnic proved to be a success with several attendees including collegians from Auburn and Alabama, alumnae from Tuscaloosa Alumnae Chapter, potential alumnae initiates and a representative from Camp Fire USA.

Each photo is numbered at bottom left corner.





## ALUMNAE



Puget Sound alumnae.

### COLORADO CONTINUED...

In March, the group joined the chapter at Colorado State University for a French dinner buffet. A week later they hosted an ice cream social for the 22 new members of Tau chapter.

### FLORIDA

For the NAPLES AREA Alumnae Chapter, "Love Was in the Air" as 32 sisters and their sweethearts enjoyed the annual Valentine's Day cocktail party at the penthouse home of Mary Frost Frey (Minnesota). The chapter also purchased Gamma Phi Beta tables at the Greater Naples Panhellenic Scholarship Fundraiser and increased their donations of much needed sundries to the Shelter for Abused Women and Children. Foundation Executive Director, Bonnie Payne (Denver) was the guest of honor at a spring coffee to discuss Foundation priorities.

### MICHIGAN

Over the past few months, DETROIT METRO alumnae have been excited by the increase in dues paying members and hope to increase even more by Convention.

Las Vegas Valley Alumnae Chapter celebrates Founders Day.



Daytona Beach Area Crescent Circle members celebrate Founders Day.

Upcoming events include a new alumnae mixer, Lunch Brunch and Race for the Cure. The group extends warm wishes to the Grand Rapids Alumnae Chapter, installed on March 12, 2004 by Sue Lutz Lupo (Oakland), PAD.

### MISSOURI

ST. LOUIS AREA alumnae spent a Sunday afternoon listening to Bach and Schubert at the St. Louis Symphony at Powell Hall and lunched at the Missouri Historical Museum after touring a Lewis and Clark bicentennial exhibit. The women also made Valentine cards for Girls' Inc.

### NEVADA

LAS VEGAS VALLEY alumnae held their annual Spring Tea at the Ritz-Carlton Resort at Lake Las Vegas. The group has been busy implementing new ideas to enhance the chapter, including the launch of their Web site, [www.gammaphibetavegas.org](http://www.gammaphibetavegas.org).



Kansas City area alumnae receive their 50-year pins at Founders Day.

### NORTH CAROLINA

Winter and spring activities for CHARLOTTE, North Carolina alumnae included hosting brunches, assisting local collegiate chapters with their Senior Celebrations and volunteering at the Charlotte RaceFest to benefit the local Red Cross chapter.

### OHIO

The CINCINNATI Alumnae Chapter gathered for dinner and was joined by one of two new-born Gamma Phi Beta legacies in Cincinnati.



## A L U M N A E



Fort Collins, Colorado alumnae have had a busy spring and summer.

### OHIO CONTINUED...

The women also held an engagement candle passing for Gretchen Amstutz (Miami). Upcoming activities include Race for the Cure, the alumnae ritual for Beta Epsilon collegians and miniature golf with family and friends.

CLEVELAND-WEST and CLEVELAND-EAST SUBURBAN alumnae and the Zeta Omicron chapter at John Carroll University shared a Founders Day celebration in November. Martha Wise (Ohio Wesleyan) received the Golden Crescent Award and is a member of the Ohio State Board of Education.

The women have been playing Bunco and



The very stylish Naples alumnae.

supporting the annual Panhellenic Fashion Show Luncheon.

### ■ OKLAHOMA

OKLAHOMA CITY alumnae held a Shower of Blessing baby shower for City Rescue Mission. Chapter members brought baby items for homeless residents of the Mission who are expecting or have infants under two years old.

Prior events of the year included The Fantastics fundraiser at Jewel Box Theatre

which benefited Camp Fire USA and the annual gift exchange, which focused on finding Christmas gifts with crescent moons. Future events include a Farkel game and pizza party, Land Run Dinner and Celebrate Summer cookout with spouses and friends.

### ■ VIRGINIA

The RICHMOND Alumnae Chapter held its semi-annual garage sale auction during "chick flick" night. Sisters auctioned off unwanted items from their homes to other sisters. The group also caught a movie at the historic Byrd Theatre and enjoyed dinner at a local fondue restaurant.

### ■ TEXAS

The HOUSTON Alumnae Chapter started out the year with a relaxing spa day. In March, the group gathered at a local restaurant and in April the women got together for the announcement of next year's slate of officers. The women were also able to participate in the initiation of the Zeta Rho chapter at Texas A&M University-Commerce.



Cleveland alumnae gather for a group photo.

# TEAM

## LEARN MORE ABOUT THE REGIONAL TEAM STRUCTURE

Visit [www.gammaphibeta.org](http://www.gammaphibeta.org).



# Camp Fire Unites Incredible Kids, Alumnae and Doughnuts

By Tracy Torcom Harlow (Oklahoma State)

Kids are great any day; but, thanks to Camp Fire USA, they were *absolutely incredible* on March 18, 2004 as the national organization celebrated Absolutely Incredible Kid Day®. Camp Fire's Green Country Council in Tulsa, Oklahoma enlisted the help of the Tulsa Alumnae Chapter to make sure all Tulsa area kids know just how incredible they truly are.

The purpose of the day is to encourage adults to write letters of love and encouragement to the incredible kids in their lives. So the Tulsa alumnae helped by making sure the local QuikTrip convenience stores—all 50 of them—were stocked with the free letterhead provided by Camp Fire.

Then Tulsa took Absolutely Incredible Kid Day® to another level, for the second year in a row, by hosting a special doughnut decorating party at Krispy Kreme Doughnuts. Hundreds of children received a free doughnut and a special "I'm an Absolutely Incredible Kid" sticker making them eligible for freebies and discounts all day at local attractions and restaurants.

To learn more about Camp Fire's Absolutely Incredible Kid Day®, visit [www.campfireusa.org](http://www.campfireusa.org).



## A LETTER TO THE MEMBERSHIP

Convention is over. Elections are over. The nominating process is complete. Now is the time to prepare for the process of identifying potential leaders of the Sorority going into the next Convention. All international officers should be mentoring a member to take their place when their term is complete. Members of International Council, while busy with the operations of the Sorority, should also be mentoring members to run for International Council in the future.

Alumnae members should be thinking about potential leaders to recommend for positions on the Nominating Committee. Collegiate members can suggest to dedicated advisors and house corporation board members that they consider running for the Nominating Committee. The Nominating Committee needs the full participation of the membership to have qualified candidates to consider for slating. Please be a participant in the future—either as an endorser or as a potential candidate.

The Nominating Committee thanks all of the members who participated in the nominating and election process for 2004. A personal thank you goes to the members who served on the 2002-2004 Nominating Committee:

Terri Kennedy Briggs, Area I  
Peggy Glover Mauter, Area II  
Sharon Witt Dunham, Area III  
Ann Mullen Bronsing, Area IV  
Susan Grant Schneider, Area V  
Melanie Kelsey, Area VI  
Julie Burnbaum, Tau Chapter  
Whitney Passmore, Zeta Beta Chapter

It was our pleasure to serve the membership during the last biennium.

In IIKE,

Frances R. Griffin  
Nominating Committee Chairwoman

## GAMMA PHI BETA SORORITY THANKS YOU FOR PAYING YOUR DUES!

Paying your annual dues makes you a partner in fulfilling the Sorority's mission of fostering a nurturing environment that provides women the opportunity to achieve their potential through life-long commitment to intellectual growth, individual worth and service to humanity. Help provide for the new generation of women who will lead Gamma Phi Beta into the 21<sup>st</sup> century. Reaffirm your pledge to lifetime membership, and keep the dream alive. Please consider becoming involved and sending your \$25 check of for International dues today.

What do International Dues Support?

- Increased mailing costs
- 113 collegiate chapters
- 128 alumnae chapters
- 28 crescent circles
- International officer system
- Manuals updating and development of programming materials
- Leadership training for alumnae and collegiate officers
- Insurance costs
- Maintenance and improvement of the Gamma Phi Beta Web site, [www.gammaphibeta.org](http://www.gammaphibeta.org)
- Chapter visits from officers and collegiate leadership consultants
- Development of the Crescent Values Program

**DON'T DELAY! USE THE ENVELOPE IN THIS ISSUE TO SEND IN YOUR DUES TODAY!**



# PROGRAMMING *for Gamma Phi Beta* TAKES ON A NEW LOOK

By Angie Jordan Dimit (Illinois) Director of Programming and Julie Dunn (Florida State) Member-At-Large Programming Team Member

The Programming Team has concentrated our efforts over the last four years to revise the collegiate and alumnae programming so that it is relevant to our members, easily accessible and user-friendly. At both collegiate and alumnae levels, the team has conducted surveys to better understand the needs of our membership, facilitated discussions to gather feedback on how we can provide better tools to our members and collaborated extensively across departments to identify important issues of concern. As a result of these efforts, we have been able to make needed revisions and updates to the PACE program and integrate the new Crescent Values Program.

## COLLEGIATE PROGRAMMING

The new Collegiate Programming Manual is a vital tool for the Membership Education Vice President. It is imperative that she has this manual available to her for planning the upcoming year. The first priority of every chapter is to make sure this manual is in her hands! The Programming Manual will have two sections, PACE and Crescent Values. Additionally, the manual will offer guidance on how to plan the chapter year of programming, access all of the available programming resources and use these resources to implement programming that meets the needs of each individual chapter, your campus community, Gamma Phi Beta and Panhellenic.

## ALUMNAE PROGRAMMING

Responding, again, from feedback from our alumnae, we have developed Alumnae CLIPS to assist our alumnae groups in their programming needs. These are designed to be simple, yet effective and relevant resources for alumnae in all stages of membership. These will be available in hard copy as well as on the Gamma Phi Beta Web site. They offer maximum flexibility to the alumnae group so that they can plan activities that best “fit” their membership. These CLIPS are organized by our Core Values: Love, Labor, Learning and Lifetime Commitment.

### *Love*

Sisterhood is what binds us all together; and the relationships we build with one another are what keep us connected to Gamma Phi Beta through all of the stages of our life. The alumnae members who were recently surveyed indicated that one of the primary reasons that members choose to stay involved with Gamma Phi Beta is because of sisterhood and fun. Because of the varying demographics in an alumnae chapter or crescent circle it is important to make sure that activities suit the interests of a variety of members. The LOVE CLIP offers some fresh and innovative ideas for alumnae groups and crescent circles to continue to grow in size and strength.

### *Labor*

Camping has been the international philanthropic focus of Gamma Phi Beta since 1929. In this endeavor, the Sorority's philanthropy mission is to provide experiences and resources that build spiritual, mental and social resiliency in girls. At Convention 2002, the Sorority voted to enter into collaboration with Camp Fire USA—an organization with a similar mission to Gamma Phi Beta.

Each alumnae chapter and crescent circle should strive to make philanthropic involvement—including the sharing of time, talent and treasure—a regular part of their programming schedule. Even if there is not a Camp Fire USA organization nearby, your chapter can raise funds to support the Sorority's efforts with Camp Fire USA across the United States and apply for supplemental funds from the Foundation. In addition, Gamma Phi Beta is in the process of developing a partnership with a similar organization in Canada so that our Canadian Alumnae chapters have the same opportunity for philanthropic involvement. This program is scheduled to roll out in the summer of 2004. The LABOR CLIP offers a wide variety of “hands-on” activities for alumnae groups and crescent circles.

### *Learning*

One of Gamma Phi Beta's core values is learning, which means continuing to learn throughout our lifetimes. Although we are no longer formally attending school, there are many ways to expand our learning after our days in the classroom have been completed. Incorporate learning into alumnae life by utilizing resources in the community and within our sisterhood.

Learning is a topic that can be incorporated into meetings in various types of ways without the message feeling heavy and overwhelming. One doesn't have to go back to school to continue to learn! Know your audience and determine what types of activities and discussions, based on their age and interests, would engage your members. Often we learn from our own members. Find out what specialties your members possess and ask them to present to the group. If a presentation isn't the best forum for your alumnae chapter or crescent circle, then consider sharing the message of learning and personal development through written communication. The LEARNING CLIP includes many meaningful ways to bring this to your alumnae members.



## Lifetime Commitment

There are many ways to reinforce the value of Lifetime Commitment with members of your alumnae chapter or crescent circle. It is important because we need advocates, ambassadors and financial contributors to continue our sisterhood. Remembering fond memories is often a great way to reinforce the message of lifetime commitment. As contributors and stewards of our financial resources, alumnae members play an integral role in continuing the Gamma Phi Beta experience for women of the future.

Again, know your audience! Determine what types of activities and discussions would engage your members and what the most effective way to communicate the message of lifetime commitment would be. The LIFE-TIME COMMITMENT CLIP brings to your program year some great ideas! As with any change, the initial transition year may include unique challenges. However, we feel confident that our membership will be better served with the modifications to our programming. Most importantly, we will be in a position to update our resources in a timely manner and insure that our programming is meeting the needs of our membership. As needs change, it is our obligation, as a member driven organization, to keep the materials we offer to our members relevant and current.

The Programming Team is committed to providing excellent programs and welcomes suggestions from any members. Advisory committees are being formed for both collegiate and alumnae programming. These committees will offer guidance and input to the Programming Team as we continue to develop new materials and resources. Anyone—collegians and alumnae—interested in serving on one of these advisory committees (communication will be via e-mail and occasional conference call) may contact Angie Dimit at [adimit@aol.com](mailto:adimit@aol.com).

## FREQUENTLY ASKED QUESTIONS

Who will be responsible for the implementation of Crescent Values Sessions at the collegiate level?

- The MEVP will be responsible for implementing the Crescent Values Program in the collegiate chapter and supervising the PACE chair and other program-related offices.

How will the Crescent Values Program be integrated into the regular chapter schedule?

- The monthly calendar will be as follows: 1st week: formal chapter, 2nd week: PACE/Sisterhood, 3rd week: formal chapter, 4th week: Crescent Values session.
- Our feedback indicated that committee night (formerly the 4th week) has not been utilized effectively by many of our chapters. Often it is being used to make announcements and the committees typically meet at another time to really get things done. Additionally, the President's Book allows committees to meet individually, as needed.

What will short-PACE look like?

- It has become apparent from feedback that chapters may not be utilizing short-PACE as effectively as they could. For example, short-PACE is usually about 5 minutes, not the currently recommended 20 minutes, and typical short-PACE has included ritual tips, scholarship tips, handouts, etc.
- The new Programming Manual will include recommendations and enhancements for short-PACE (i.e. Self-breast exams). The new suggested length for a short-PACE is 5 minutes.

What programming will be required of chapters?

- Chapters will be required to include the *Crescent Values Sessions Learning 201: Responsibilities of Membership* and *Service 201: Commitment to Service*, as well as a new session which addresses alcohol education and Gamma Phi Beta Alcohol Policies.

Will there be some kind of sample program so that I know I'm doing it correctly?

- Yes, the Programming Manual will offer samples of successful Program Calendars so that chapters can use these as reference when planning.
- Also, we have identified desired outcomes for your programs so that you understand why the program information is important and what needs to be communicated. This helps maintain some consistency in our programming.

Will everything I need for every PACE program be in the Program Manual?

- Yes. Gamma Phi Beta is not an expert on some of the topics that we consider to be priority issues for programming, i.e., eating disorders. For that reason, we will not include a "pre-determined" program in the Program Manual, but we will provide the Web site addresses for national organizations that provide resources for you. These national organizations offer exceptional information and materials from people who are experts in their subject area. In addition, there are some topics that are better presented by professionals on your campus.

Are the same Crescent Values sessions presented year after year?

- No. There are some Crescent Values Sessions that will be required every year, but we will offer modifications for the presentations that are used each year. This approach will offer variety while still meeting the objectives set forth.
- Additionally, there is a set of Crescent Values Sessions exclusively for our senior members! These sessions (300 level) focus on issues of significant importance and relevance to college seniors. They are designed to be presented to senior members only, instead of other Crescent Values Sessions.

One of the most important aspects of our new programming effort is to enable chapters to customize their programming to their individual chapter and campus needs. The Program Manual will clearly identify the expectations and outcomes of a successful PACE and Crescent Values year of programming. This will include priority issues of NPC and Greek Affairs Professionals. It is the responsibility of the Membership Education Department to insure that (1) they have a clearly identified list of chapter priorities from their membership, (2) they plan a year of programming utilizing both PACE and Crescent Values and (3) they achieve the expectations and outcomes through methods that "work" for their chapter. The Program pages of the Gamma Phi Beta Web site, [www.gammaphibeta.org](http://www.gammaphibeta.org), will offer up-to-date resources.



# recruitment redefined, redesigned

By Christine Barnicki | Editor, *The Eleusis of Chi Omega*



Zeta Rho members during spring recruitment.

Student demographics have changed. We must understand this to ensure that the valuable benefits of Greek membership remain available to future generations of women.

Today, rush is called recruitment and rushees are called potential new members. Only 16 percent of today's college students attending full time are 18-22 years of age and live on campus (Arthur Levine, "The Remaking of the American University," *Innovative Higher Education*, Summer 2001). About 75 percent of four-year college students now earn a paycheck; 25 percent work full time.

Contemporary students are ethnically, religiously and racially diverse, and come from a wide range of socio-economic backgrounds: 30 percent are minorities, 20 percent were born outside the United States or have a foreign-born parent and 11 percent spoke a language other than English while growing up. Many are also first-generation college stu-

dents. All face more life pressures and have a greater array of experiences than students in earlier decades (Mary B. Marcy, "Diversity, Demographics, and Dollars: Challenges for Higher Education," July 2002).

Responding to the more heterogeneous student body, campuses have developed outreach and support programs, multi-cultural centers and ethnic-studies departments. As the number of older students has grown, so have the offerings of evening and weekend programs designed for working adults. Supplementing the traditional, structured classroom lecture, new systems of delivering education are being implemented: independent study, online learning, assessment-based grading and credit for civic involvement, community service and professional achievement.

With this understanding of the changing campus environment, NPC realized that a recruitment process to fit the needs of contemporary college women was of primary importance. In the 90s, NPC continually worked to improve opportunities to recruit new members.

Seeking clearer direction, the NPC Recruitment Processes Committee began gathering data in 2001 from surveys, oral interviews, past NPC committees and campus statistics. Information was solicited from NPC national presidents, NPC's College Panhellenics and Alumnae Panhellenics Committees, student life professionals (such as campus Greek advisors) and campus Panhellenic officers. The majority of survey respondents, regardless of their group, felt that each campus is unique and therefore requires a unique approach.

As a result of these survey findings and NPC discussions, several new recruitment resolutions were adopted at the October 2003 NPC meeting for implementation in 2005, as outlined in the spring 2004 issue of *The Crescent*.

## COMPARISON OF TRADITIONAL AND CONTEMPORARY STUDENTS

### TRADITIONAL STUDENT

Studies full time; 0% work  
18-22 years old, no family responsibilities  
Lives on campus  
Ethnically and socio-economically homogeneous student body  
Graduated in top 10-25% of high school class  
Completes BA degree in 4 years  
Spends all four years at the college she enters

### CONTEMPORARY STUDENT

More than 70% of students work  
41% over 25 years old, many with family responsibilities  
Commutes to campus  
Ethnically and socio-economically diverse student body  
Graduated in top half of high school class  
Completes BA degree in 5-6 years  
Many transfer students

(Sources: National Center for Education Statistics, 2000; S. Choy, "Access and Persistence: Findings from 10 Years of Longitudinal Research on Students," American Council on Education, 2002)



## recruitment continued...

Recruitment is changing, but you can still keep the joys of sisterhood available to generations of women yet to come. Seek personal Panhellenic-spirited contact with prospective members all year long. Let these women know that only through Greek affiliation will they have a multi-faceted association dedicated to life-long local and national support systems, in which they can develop leadership skills; pursue knowledge, wisdom and scholarship; build career, personal and social networking; discover rewarding opportunities for philanthropy and community service; and form enduring friendships built on common experiences, aspirations and respect. Tell potential new members about your fondest memories of all-night chats with sisters, the help you received from a senior English major for a tough freshman writing assignment, the planning and execution of a fundraiser to benefit breast cancer research, sorority experiences that have helped your career, the social skills you honed during recruitment and the myriad new sisters you have instantly connected with as an alumna. Tell them that your Greek affiliation continues to be a building block and a cornerstone of your life. NPC is changing so that women in new circumstances and surroundings may enjoy these same life-affirming relationships, opportunities and memories, and may one day fondly ask, "Remember recruitment?"

NPC groups remain viable for contemporary students by integrating social and academic support in dynamic, interdisciplinary communities that encourage students to learn from each other. Such environments have been shown to:

- increase student retention
- expand levels of learning
- enhance relationships between students, faculty and disciplines
- tie education to experience
- increase commitment to civic involvement
- enhance students' capacity for cross-cultural understanding

Effective campus social support systems contribute to increased student learning. Sororities have a correlation with educational attainment, leadership, cultural awareness, tolerance, empathy, independence and ability to relate to others.

As campus paradigms continue to shift, NPC must do the same to remain an important partner in the total education of women integral to the learning process by providing community service, co-op learning environments, vital social support and environments that foster appreciation for a more diverse population.

## congressional reception

Every year, the Capital Fraternal Caucus, National Panhellenic Conference (NPC), North-American Interfraternity Conference (NIC) and the National Pan-Hellenic Council (NPHC) sponsor a reception on Capitol Hill for members of Congress and congressional staff members who are members of fraternities and sororities. International sorority and fraternity representatives are joined by the officers of NPC and NIC to network with and lobby members of congress and their staff on key issues of importance to the Greek community. At this event, the NIC also recognizes Greek Members of Congress for their leadership and efforts on behalf of the Greek community.

This spring, the Annual Congressional Reception was held on Tuesday, April 27, 2004, in the Cannon Caucus Room on Capitol Hill. NPC was represented by its executive board, including Gamma Phi's own, NPC Secretary Elizabeth ("Betty") Ahlemeyer Quick (Indiana).

In addition to sponsoring the Annual Congressional Reception and other social events for Washington, DC area Greeks with expertise in public policy issues and processes, the Capital Fraternal Caucus (CFC) serves as an advocacy group for Greek life. CFC has

five goals: 1) to educate policy makers about Greek life; 2) to preserve the existing rights of fraternities and sororities; 3) to support collegiate quality of life issues; 4) to identify opportunities for Greeks and government to work together to improve society; and 5) to build a permanent Greek presence in Washington, D.C., similar to the presence of other national trade organizations.

The CFC's Policy Development Committee monitors issues and legislation that could impact Greek life. The Grassroots committee keeps a database of Greek elected officials and other politically active Greeks and is responsible for reporting developments to the national fraternities and sororities. The Member Recruitment Committee contacts new and potential members to encourage participation in CFC. The Social/Events Planning Committee plans and organizes twice-yearly congressional receptions and social events for Caucus members.

Betty Quick is the contact person within Gamma Phi Beta for official CFC business and news. For more information about the CFC and becoming involved, see the CFC Web site at [www.fraternalcaucus.org](http://www.fraternalcaucus.org).

By Patricia M. Crowley (Northwestern)  
Member-At-Large Programming Team Member

## award winners

Each year, Gamma Phi Beta sponsors an award at the Regional Greek Leadership Conferences that take place each spring.



Margaret West Pape (Oklahoma) and Betty Ahlemeyer Quick (Indiana) with winners.

The Gamma Phi Beta Award honors the College Panhellenic that develops and implements innovative programs to promote a positive Greek image to the faculty, administration, campus and community. This year's winners were Northern Kentucky University (South Eastern Panhellenic Conference) and New Mexico State University (Western Regional Greek Leadership Conference).

This award brings publicity to Gamma Phi Beta as well as to the College Panhellenic. Please encourage your College Panhellenic to apply for the Gamma Phi Beta Award next fall.



## I N I I K E

Dear Sisters,

Having an incredibly busy life like most, I do not give a lot of thought to Gamma Phi Beta on a daily basis. However, the article "Coping with Grief" in the winter 2004 issue of *The Crescent* made me pause and reevaluate my relationship with my sisters in Gamma Phi Beta.

My husband, Tom, lost two of his fraternity brothers in the World Trade Center on September 11. One brother was a kid from his neighborhood where he grew up, the other was his little brother, Francis, who left behind a widow and five young children.

What I've learned from the September 11 tragedy is:

1. Don't put off visiting your friends and loved ones, by phone or in person.
2. Remember the reasons you join an organization. It is very easy as life goes on to forget or push aside your original reasons for joining.
3. Go the extra mile; reach out to those who were important to you and keep doing it.
4. Share happy news with EVERYONE! Don't be shy when you are getting married, get a promotion, are pregnant or have a really good day.
5. Mention the person you've lost everyday.
6. REMEMBER why you wanted to be a Gamma Phi and make a donation. Among all the donation requests and charities I give to, I had forgotten what Gamma Phi Beta meant to be. Funny, I didn't forget about Tom's fraternity! Every dollar counts as it invests in our future!

Love in IIKE,

Cathleen "Cathy" Vendral McCormick  
(Rutgers)

## WOMAN OF STYLE

As Lynne Clark Nordhoff (Wisconsin-Madison), current president of the Naples Area Alumnae Chapter, stepped into the spotlight,



Lynne Clark Nordhoff  
(Wisconsin-Madison)

her Gamma Phi Beta sisters applauded with pride as their chapter president was selected as one of ten "2004 Women of Style" honorees. Sponsored by the Community Foundation of Collier County and a magazine of Naples, Florida, the award winners were recognized as self-confident, in style, positive role models to their peers and the next wave of female leaders.

A former magazine advertising sales manager, but now retired, Lynne and her husband David have lived in Naples for 10 years and have been generous with their time and talents in the community. Lynne volunteers in The League Club, The Neighborhood Health Clinic and Friends of Art.

Joining in the retirement celebration were five other Gamma Phi Betas: her sister, Marilyn Langworthy Cline (Syracuse), and four members of the San Antonio Alumnae Chapter, Jeanne Rice Clark (Syracuse), Cathryne Melton (Texas), Mary Kline Maley (Randolph-Macon) and Kimberly Wilson Thornton (Texas Tech).

## IN HONOR OF DEDICATION

Roughly 150 guests and a 15-piece band joined in honoring Eleanor Langworthy Carnes (Syracuse) on her retirement as director for 33 years of the St. Andrew's United Methodist Weekday School in San Antonio, Texas.

A concrete garden sculpture by San Antonio's well-known Carlos Cortes was placed in her honor in the courtyard of St. Andrew's church, where Eleanor taught Sunday school for 45

Eleanor Langworthy Carnes (Syracuse)



years and where she has been a diaconal minister since 1977.

She has been extremely active in the educational and musical life of St. Andrew's, participating in various choir groups, the St. Andrew's Sisters, Methodist Women and several other organizations. For many years she produced and acted in productions of a theatre group called St. Andrew's Players. Eleanor also owned and operated a business, Carriage House Antiques, from her home.

Eleanor was president of Alpha chapter at Syracuse, where she graduated magna cum laude; she also was president of the San Antonio Alumnae Chapter. She is the wife of Dr. Cole Carnes, a retired dentist, and they have four children.

Joining in the retirement celebration were five other Gamma Phi Betas: her sister, Marilyn Langworthy Cline (Syracuse), and four members of the San Antonio Alumnae Chapter, Jeanne Rice Clark (Syracuse), Cathryne Melton (Texas), Mary Kline Maley (Randolph-Macon) and Kimberly Wilson Thornton (Texas Tech).

## AN AGENT OF CHANGE

In a truly action-packed half-century, Shirley Hendricks Perry (Washington) has been a spy, an educator, a feminist champion, a senior aide to the Canadian consul general in Boston and a clinical research associate with Quintiles Transnational, a contract pharmaceutical organization. In the midst of this astonishing array of professional positions, she married, raised a son and daughter and earned an M.B.A.



Shirley Hendricks Perry  
(Washington)

Now retired, she's returned to theatre, a lifelong passion and her undergraduate major. When she reviews her life's remarkable narrative, Shirley acknowledges relishing the breadth of experience as much as the experiences themselves. "I have enjoyed the diversity as much as any one position," she says. "It has all been very rewarding."

--Washington University, *St. Louis* magazine, fall 2003.



# Gamma Phi Betas in GOVERNMENT

By Megan McDermott | Associate Editor & Julie Pawelczyk (Illinois-Urbana)

On November 2, 2004, millions of Americans will vote for the next President of the United States. More of them are likely to be women than men, as statistics indicate.

According to the U.S. Census Bureau, 61 percent of women citizens age 18 and older voted in the 2000 presidential election. Only 58 percent of men did the same. Women have voted at higher rates than men in every presidential election since 1984.

Many Gamma Phi Betas are involved in politics, and those interviewed credit the Sorority for a mission statement that has become their own: To achieve their potential through a life-long commitment to intellectual growth, individual worth and service to humanity.

## Gamma Phi Beta Alumna is Chief of Staff in Congressional Office

As an undergraduate at the University of Wisconsin majoring in political science, international relations and journalism, Joyce Meyer had hoped to one day work in law enforcement. "I wanted to be an FBI agent," says Joyce, who now works in Washington, DC as chief of staff to Congressman Paul Ryan (R-WI). Her college majors and the fact that she was always drawn to current events proved to be the perfect match for the daily responsibilities she handles while overseeing operations of the congressman's office.

"There is no typical day in DC," says Joyce. "Today we're going from a significant transportation policy bill to a major pension bill." She explained that in addition to overseeing a staff of 15, she must also be aware of the legislation that the House of Representatives is considering on any given day. This can change dramatically, so Joyce must know about all the issues so she can advise the congressman on various legislation.

Joyce was born in Pittsburgh, Pennsylvania but grew up in Franklin, Wisconsin, just outside of Milwaukee. "I came to work on the Hill and got hooked," she says. After working as an entry-level staffer for then-Congressman Scott Kluge (R-WI), she worked on the Senate Governmental Affairs Committee before returning to the House of Representatives as Rep. Ryan's legislative director. She was promoted to Chief of Staff a few years later.

Reflecting on her Gamma Phi Beta experiences and how they have helped her in her professional career, Joyce cited the leadership positions within her chapter and the College Panhellenic. "Gamma Phi Beta was a great environment to develop leadership skills," Joyce says, noting that they help her today as she seeks to manage her staff and time, and meet the demands of her boss and his job.

Joyce's advice to other Gamma Phis interested in a career on Capitol Hill: "Be enthusiastic and willing to work hard from an entry-level job." She notes that a strong work ethic does not go unnoticed on Capitol Hill: "Learn the ropes in the lower-level positions and give your job as much energy as you would if you were running the office. All you learn along the way will be rewarded down the road. My first job was as a legislative correspondent, and I had to research and write about issues. This was the perfect starting point for being exposed to the variety of policies that I must oversee as Chief of Staff."

## GO VOTE 2004: Getting Out the Greek Vote in 2004!

Greek organizations embrace the democratic principle. They elect their leaders, adopt rules and procedures to govern their operations and provide a platform for self-governance and the means for individuals to come together to create and initiate programs. Voting, of course, is a key element to the process, and Greek organizations are taking the lead this fall in voter education and registration initiatives.


The 26th Amendment to the U.S. Constitution was approved in 1971, giving citizens 18 years and older the right to vote. Yet polls repeatedly show that adults under 30 consistently have the smallest voter turnout. Given how close the presidential election was in 2000, organizations across the country are urging citizens to exercise their right to vote, and much of the effort is focused on the youngest voters, because they tend to be the least involved in the process.

GO VOTE is an acronym for "Greeks Organizing Voting Opportunities, Transportation and Education." This initiative was founded by the Congressional Fraternal Caucus (CFC), and is a program specifically developed to assist Greek organizations across the country to lead voter education initiatives within their chapters and on their campuses. The GO VOTE guide assists Greek organizations in developing chapter committees that seek to register voters, educate others about absentee ballots and provide contact information for each state's voter registrar. In addition to getting all chapter members registered to vote, the guide suggests that Greek organizations set up voter registration tables on campus and coordinate efforts to get voters to the polls on election day.

For more information on the GO VOTE program, log on to the CFC Web site at: [www.fraternalcaucus.com](http://www.fraternalcaucus.com).




## More Notable Gamma Phi Betas




**Krista Larsen Ritacco (Colorado-Boulder)** serves as special assistant to the White House Communications Director. In that role, she works on managing President George W. Bush's message through coordination with the White House Press Office, Office of Media Affairs, Communications, Speechwriting and Global Communications. Prior to that, she was special assistant to Karen Hughes, counselor to the President, and to Michael Gerson, director of speechwriting.

Before joining the White House, Krista had extensive political experience in Washington, worked as business manager for the American Continental Group, a lobbying and consulting firm; member of the lobbying division at the law firm of Vorys, Sater, Seymour, and Pease; and managed the Stuart Stevens Group, a political consulting firm. Krista also has worked on Capitol Hill for a member of Congress from her home state of California and assisted the convention manager and deputy convention manager in running the 1996 Republican National Convention.




**Judith Lynn Morley Martin (Illinois-Urbana)** was secretary of labor under George H. Bush in 1991, following a 10-year career as a congresswoman from Illinois. As the first woman elected to a leadership post in Congress, she served as vice chair of the powerful House Rules Committee. Lynn also was a member of the Armed Services Committee, the Public Works and Transportation Committee and a ranking member of the House Budget Committee. She currently chairs Deloitte & Touche's Council on the Advancement of Women, a glass ceiling initiative which oversees corporate efforts to provide full opportunity to talented women and men.



**Jacquelyn "Lyn" Lufkin Stuart (Auburn)** is an Alabama State Supreme Court judge. Upon graduation from law school, Lyn worked as an assistant attorney general for the state of Alabama, and also served as executive assistant to the commissioner and special assistant attorney general for the state Department of Corrections. She then moved to Baldwin County, where she was an assistant district attorney. In 1988, she was elected district judge, and was reelected in 1994. Governor Fob James appointed her to fill a vacancy in the Circuit bench in January 1997, and she was elected, without opposition, to a six-year term in 1998.

Lyn served as a faculty advisor at the National Judicial College in Reno, Nevada, and she is a past president of the Alabama Council of Juvenile and Family Court Judges. She is a national speaker for the National Council of Juvenile and Family Court Judges, training judges and other professionals on the handling of child abuse and neglect cases. In 2002, Lyn served as president of the Blue Ridge Institute for Juvenile and Family Court Judges.



Washington Republican Congresswoman **Jennifer Blackburn Dunn (Washington-Seattle)** made history in 1998, as the first woman of either party to vie for a top congressional leadership post; she ran for house majority leader. Prior to that historic campaign, Jennifer was the highest-ranking woman in Congress when she was elected vice chair of the House Republican Conference. Identified as a "smart conservative" by *The Seattle Times*, Jennifer is the fifth woman in history to serve on the House Ways and Means Committee and the only woman to serve on the prestigious Joint Economic Committee. She also is vice chair of the newly-created Select Committee on Homeland Security, which has been given the historic task to oversee the new Department of Homeland Security. The lead Republican in the Washington state delegation, Jennifer has served in Congress since 1993.

## The Cynical Generation

A recent study, funded by The Pew Charitable Trusts and conducted at Rutgers University and two other schools, confirmed that just 22 percent of women under 30 are regular voters, making them the least likely to vote of any group of women in the U.S.

So what can we do to get our young women to vote? Marissa Peede (Denver) says the answer is to promote voter education and then go vote! She says, "The female vote is critical to the entire political process. On a short shopping trip to the mall, a woman can deliberate for an hour on a pair of shoes, yet we all too often hand our hard-earned money over to the government and public entities without even asking how it is going to be spent."

More and more voter campaigns across the country are focusing on the young generation. From "Rock the Vote" at [www.rockthevote.org](http://www.rockthevote.org) to "Declare Yourself," at [www.declareyourself.org](http://www.declareyourself.org), it's easier than ever to register and participate. The Feminist Majority Foundation leads a voter drive on more than 700 college campuses, called "Get Out Her Vote 2004." Via the Web site at [www.getouthervote.org](http://www.getouthervote.org), women can make a pledge, register to vote, tell ten friends and join a GOHV team.

Marissa says that voting campaigns like those mentioned above are extremely important and remind people to stay on top of voter registration. Getting involved with these campaigns is a great way for someone who hasn't had a lot of experience in politics to learn more about the system without adopting a party or a candidate until they learn more.

Marissa was a Theta at the University of Denver and is now pursuing her Master's in Marketing at the University of Colorado-Denver. She is the Director of Client Services for Hip Consulting Group and lives in Centennial, Colorado with her dog, Bentley.



## Get Out Her Vote in 2004

Because elections today are frequently won by tiny margins, the mobilization of the youth vote—especially young women—has the potential to change the political landscape in many states and perhaps the country as a whole.

Check out how these votes made the difference:

- ★ The 2000 presidential election was decided by just 537 votes in Florida.
- ★ A shift of only 2,772 votes nationwide in 2000 would have reversed the party balance in the U.S. House of Representatives.
- ★ In South Dakota, the outcome of the race for U.S. Senate in 2002 was determined by 524 votes.

--Taken from [www.getouthervote.org](http://www.getouthervote.org)

# Voting FAQ

## How do I Register to Vote?

Do it online at [www.rockthevote.com](http://www.rockthevote.com). It only takes a few minutes—all you have to do is print it, sign it, lick it and mail it. The deadline to mail in your form is usually 15 to 30 days before the day of the election. Check your state's info below to find out. If you think you are already registered at a previous address, go ahead and re-register at your new address.

## How can I find out if I am registered?

Call your secretary of state. Visit [www.nass.org/electioninfo/electioninfo.html](http://www.nass.org/electioninfo/electioninfo.html) to find your Secretary of State's phone number.

## When is the last day to register to vote?

Check your state's deadline by visiting [www.vote-smart.org](http://www.vote-smart.org), then click on Voter Registration.

## Where can I register if my states deadline has not passed?

Online at [www.rockthevote.com](http://www.rockthevote.com), your local post office or any of the sites mentioned in this article.

## I lost my voter registration card. Do I need it to vote?

No, bring a picture ID just in case or a piece of mail with the address on it. If you are looking for your polling place, enter your state's name and "polling place" into a search engine (Google, Yahoo!, AOL, etc.). It will give you the Web site for your state at which you'll be able to find your polling place address or a phone number to contact your state elections office.

## I registered last year but never got my voter ID card. Am I registered to vote?

Check with your Secretary of State to see if you are registered. You may have incorrectly filled out the form or you may have just never received the card.

## I moved since I last registered. Do I need to re-register?

Yes, you need to register at your new residence. If the deadline has passed to register in the place where you live now, request an absentee ballot from your previous address. After the election, be sure to complete a voter registration form with your current address and fill out the section indicating your previous address at which you were registered.

## Should I use my college address when I register to vote?

Not necessarily. You can register in the state you were born in or the state where you attend school, the choice is up to you. Just remember, if you choose to register where you go to school, check to see if the state you are registered in accepts absentee ballots. If they don't, you would have to go and vote in person.

## I am a college student. Where do I vote?

Where you vote depends on what address you last registered to vote at. If you are unsure contact your Secretary of State to find out.

## What if I can't make it to my polling place on Election Day?

Your state may offer a mail in or an absentee ballot. Keep in mind, you must already be registered to request an absentee ballot or a mail in ballot. Another option is early voting which several states are offering.

## How do I find info on the candidates and propositions?

Check out [www.vote-smart.org](http://www.vote-smart.org) or [www.dnet.org](http://www.dnet.org), and just enter your zip or call Project Vote Smart at 1.888.VOTE.SMART (888.868.3762).

## What if I go to the polling place on Election Day and they say I am not registered to vote but I know I am?

Everybody has the right to vote provisionally. This means you cast your ballot just as you would anyway, but it goes into a special review process where they verify your registration status. To find out if your vote was counted you will have to contact your Secretary of State.

**States Election Office:** [www.nass.org/electioninfo/statelinks.html](http://www.nass.org/electioninfo/statelinks.html)

## Still have a question?

E-mail [voterregistration@rockthevote.com](mailto:voterregistration@rockthevote.com) and be sure to write which state you are in (rules vary between each).

## Don't be Intimidated

You don't have to be a genius or even politically oriented to be qualified to vote. Really, you just need to have an opinion. Everyone has an opinion. Don't feel intimidated by the complexity of the issues; you don't have to meet anyone else's standard but your own. And secondly, the actual process for voting is really, really easy. Don't worry about it. Just vote.

--Taken from [www.rockthevote.com](http://www.rockthevote.com)

## Quick Resources

[www.vote-smart.org](http://www.vote-smart.org) - Project Vote Smart provides an accurate, unbiased source of information on candidates and elected officials.

[www.hvv.org/voter/](http://www.hvv.org/voter/) - Access to information about the candidates, the issues and the nuts-and-bolts of the voting process itself.

[www.e-democracy.org](http://www.e-democracy.org) - Get the National Mail Voter Registration Form and get a laugh from the political jokes.

## Web sites for Young Voters

[www.freedomsanswer.net](http://www.freedomsanswer.net) - A nonpartisan, nonprofit voter turnout campaign led by our nation's youth.

[www.kidsvotingusa.org](http://www.kidsvotingusa.org) - A national nonprofit, nonpartisan organization that fosters an informed, participating electorate by educating and actively engaging young people and their families in voting. Great for first time voters!

[www.youthvote.org](http://www.youthvote.org) - The nation's largest nonpartisan coalition working to increase the political involvement of 50 million Americans, 18 to 30 years old.





## ■ GAMMA PHI BETA FOUNDATION + CAMPING = FUN FOR ALL

The Gamma Phi Beta Foundation announced that during the 2003-2004 fiscal year, collegians, alumnae and the Foundation provided more than \$94,000 for camping experiences for girls. Ruth Andrea Seeler, M.D. (Vermont-Burlington), Grants Committee chairwoman, found the fundraising efforts of Gamma Phi Beta collegiate and alumnae chapters amazing. "Chapters did a phenomenal job of raising money to support camping for girls. The requests for supplemental funding exceeded the Foundation's budget," Ruth commented. The efforts this year provided funding in nearly equal amounts to Camp Fire USA (the Sorority's philanthropy) and other camps with long-established relationships with Gamma Phi Beta chapters.

Chapters had a variety of fundraising activities. One example is the Absolutely Incredible Kid Day®, hosted by the Balboa Harbour Alumnae Chapter. The event, honoring Marian Crittenden Bergeson (California-Los

*Above:* Honoree Marian Crittenden Bergeson (California-Los Angeles) joins Bonnie Brown Payne (Denver), Gamma Phi Beta Foundation Executive Director, and a group of kids at the Absolutely Incredible Kid Day® event.

*Left:* (left to right) Marian with Lisa Green, Camp Fire USA Orange County Council President, Bonnie and L'Cena Brunskill Rice (Southern California), Gamma Phi Beta Foundation Chairwoman, for lunch.

Angeles), a long-time children's advocate, is expected to provide significant funding for the Camp Fire USA Orange County Council. The efforts of Christine Eisel Wendl (California-Santa Barbara), René Matz (California State-Fullerton), the Balboa Harbour Alumnae Chapter and collegiate members made the luncheon, program and silent auction a memorable day for all.

Foundation trustees appreciate every chapter's fundraising effort and challenge all collegiate and alumnae chapters to increase their fundraising goals for next year so that Gamma Phi Betas everywhere can continue to help provide camping experiences for many more young girls.

## ■ THE FOUNDATION WELCOMES NEW TRUSTEES

Barbara Hurt-Simmons (Nebraska-Kearney) is a former member of the Foundation Development Committee, and has spearheaded the 50-year pin project for the last

two years. A former Alumnae Vice President on International Council, she has been involved on the international level since she was the extension supervisor at the University of Georgia in 1982.



Karen Wander Kline (Iowa State) has held numerous international positions, including International President. She was the Foundation's first development trustee, and is a recipient of the Sorority's most prestigious award, the Honor Roll Award, for distinguished service at the highest international level over a number of years. Most recently, Karen has been involved with the new chapter at Texas A&M University-Commerce.



Anne Layton (McGill) brings enthusiasm and the Canadian perspective to the PR & Marketing Committee. She served on the Foundation's first Development Committee and was the donor recognition chairwoman for several years. Anne also has held many international officer positions including PAD and PCD.



## ■ RECORD SCHOLARSHIP AMOUNTS!

The Gamma Phi Beta Foundation will announce its scholarship and fellowship winners for 2004-2005 in August. Approximately 50 scholarships and fellowships, amounting to more than \$100,000, will be awarded to members for undergraduate and graduate study. Award winners will be highlighted in the Foundation annual report in the fall 2004 issue of *The Crescent*. Look for more details about these exceptional women, and check the Web site at [www.gammaphibeta.org/foundation/forms](http://www.gammaphibeta.org/foundation/forms) for application forms for the 2005-2006 school year.

## ■ "IT CAN'T POSSIBLY BE 50 YEARS!"

A most rewarding Foundation program is the gift of Golden Crescent pins to honor 50-year members. Surprised and pleased sisters



## RESTRICTED GIFTS

The Gamma Phi Beta Foundation acknowledges the following individuals who contributed RESTRICTED Gifts totaling \$500 or more to the Foundation. These gifts are designated for specific scholarships/fellowships, chapter house gifts and other designated projects and programs. This list represents gifts received from August 1, 2003 thru April 16, 2004.

### GIFTS TOTALING \$500-\$5,000

Sylvia Armstrong-Poppelbaum - Syracuse '58  
Tara Boyce-Hofmann - Syracuse '82  
Ann Vandemark Butler - Syracuse '66  
Paula Janis Dean - Memphis State '67  
Katherine Murphy Evans - Pacific '68  
Kathleen Roach Glover - Syracuse '80  
Jeanne Hughes Greenhalgh - Syracuse '47  
Ginny Harris Hammond - Colorado-Boulder '62  
Doris Erwin Hawkins - Iowa State '27\*  
Joan Silcock King - Syracuse '48  
Margo Schnabel Kotten - Syracuse '49  
Helen Bartlett Lovaas - Arizona '57  
Verona Dilbeck Lynam - Oklahoma City '52  
Jamie Maher - Oklahoma State '81  
Barbara Craton Moore - Syracuse '47  
Janice Slater Parker - California-Berkeley '43

Helen Ward Pustmueller - Calif.-Los Angeles '32  
Marynell Dyatt Reece - Kansas '41  
Judy Heimerdinger Sloan - Wisconsin-Madison '58  
Joyce Canavan Stewart - Southern California '50  
Melissa Boucher Sullivan - Washington '92  
Marlo Edwards Tapley - Colorado-Boulder '91  
Mary Vanier - Kansas State '85  
Magnes Welsh - Memphis State '68  
Susan Ann West - Missouri-Columbia '68  
Betty Moore Weyland - Wisconsin-Madison '39

### GIFTS TOTALING \$5,001-\$20,000

Lucile McVey Dunn - Kansas '36  
Elizabeth Harrington - California-Berkeley '39\*  
Chuck and Cindy Hilger  
Tucky Wheeler Hobbs - Iowa '60  
L'Cena Brunskill Rice - Southern California '50

### GIFTS TOTALING \$20,001-\$50,000

Lyman French, Jr.  
Marilyn Smith Tenny - Syracuse '40

### GIFTS TOTALING \$50,001-\$100,000

Donna Marsh - Southern California '53\*

### GIFTS TOTALING MORE THAN \$100,000

Suzanne Sames - Missouri-Columbia '47\*  
Ruth Andrea Seeler, M.D. - Vermont '56

\*Bequests. Thank you to the generous sisters who have remembered the Gamma Phi Beta Foundation in their wills.

expressed their appreciation and share news about their lives. One such note was received from Carolyn Bagley Harding (Missouri-Columbia).

She writes:

Dear Gamma Phi Beta Foundation,  
Thank you so much for the Golden Crescent pin for 50 years. It was still a surprise to me that it has been 50 years since initiation! Gamma Phi was a big part of my life at the University of Missouri. Since I graduated in three years and three summers, I "got lost" in reporting. Thanks to Columbia and Kansas City alum help, I am now back on the roster! You made my day and 50 years. I feel that the light from the crescent moon is reflected in the lives of all of us. Thank you for the wonderful tribute. Hope to be able to contribute in the future.

Fondly,  
Carolyn

Do you know of a "lost" sister who should be back on the roster to receive a Golden

Crescent pin? Maybe you would like to make an "In Celebration" contribution to the Gamma Phi Beta Foundation in honor of a fifty-year member. You and your honoree will be listed in a future issue of *The Crescent*. Contact us at the Foundation office, 303.799.1874 or [foundation@gammaphibeta.org](mailto:foundation@gammaphibeta.org).

### ■ FOUNDATION NOTES...

The Foundation will miss Cherie McElhinney Olsen (Iowa), who died recently. Cherie has funded a fellowship for members of Rho chapter at the University of Iowa, so her love for Gamma Phi Beta will live on through this legacy.

The Trustees are delighted so many Gamma Phi Beta sisters have responded to the Foundation's many giving opportunities during the 2003-2004 fiscal year. The assets of the Foundation are expected to increase by more than \$1 million for the year, enabling it to increase grants for leadership, scholarship and philanthropy. The annual report in the Fall 2004 issue of *The Crescent* will cover the

contributions and grants of the Foundation in detail. Thank you Gamma Phi Beta sisters everywhere!



Susan Schlessman Duncan (Colorado College) and Bonnie Brown Payne (Denver) attend the Denver Area Panhellenic luncheon where Sue was honored with an Alumnae Achievement Award nomination.

## CORRECTIONS FROM THE SPRING 2004 ISSUE OF *THE CRESCENT*

The following members' names were listed incorrectly in In Memory:

**PSI** University of Oklahoma  
1989 Angela Potton

**BETA ALPHA** University of Southern Cal.  
1953 Donna Marsh

**BETA DELTA** Michigan State University  
1969 Beth Rowney

**BETA LAMBDA** San Diego State University  
2002 Elizabeth Young

**GAMMA XI** University of Tennessee  
1965 Diana Roberts

**GAMMA PHI** Auburn University  
1968 Elizabeth Ingram

**DELTA THETA** Calif. Polytechnic State Univ.  
1983 Nancy Casaroli

**DELTA OMEGA** Oakland Univ.-Rochester  
1989 Ann Pampreen

The Member News submission listed under Beta Pi on page 7 was incorrect. The information listed was for Beta Phi at Indiana University-Bloomington. Beta *Pi* is at Indiana State University in Terre Haute.





## THANK YOU

The Sorority appreciates the return of a deceased member's badge, when possible, so that it may be preserved in the archives.

## DONATIONS

Donations in memory of friends, sisters and loved ones may be sent to the Gamma Phi Beta Foundation at International Headquarters. If you would like a card sent to a family member or friend, please include their address. A member's name will be listed in this section upon receipt of a confirmed death notice, obituary, funeral program or written notification from a deceased member's family.

## LEAVE A LEGACY

Remember the Gamma Phi Beta Foundation in your will or estate plans. For information on easy ways to support the organization you love, contact the Foundation office at 303.799.1874 or write us at 12737 E. Euclid Drive, Centennial, CO 80111. You can also receive more information about planned giving options on the Foundation page via the Gamma Phi Beta Web site at [www.gammaphibeta.org](http://www.gammaphibeta.org).



**ALPHA** Syracuse University  
1916 Alice Ives  
1953 Judith Avery Anibal

**EPSILON** Northwestern University  
1944 Marion Oskamp Britt

**ETA** University of California-Berkeley  
1937 Saralee Zumwalt Crowe

**THETA** University of Denver  
1936 Lorraine Amman Bower

**LAMBDA** University of Washington  
1953 Barbara Le Cocq McGinnis

**NU** University of Oregon  
1920 Eleanor Homan Burkitt  
1946 Mary Dundore  
1951 Joyce Armstrong Wilkins

**XI** University of Idaho  
1920 Margaret Healy St Teresa  
1935 Elizabeth Childs Alm  
1940 Dorothy Bayne Marchi

**OMICRON** University of Illinois  
1932 Josephine Clayton Fencken

**RHO** University of Iowa  
1932 Mary Rost Oehler  
1932 Cherie McElhinney Olsen

**SIGMA** University of Kansas  
1929 Dorothy Kinney Callahan  
1935 Rose McVey McDonnell  
1937 Isabelle Bosh Rouse

**TAU** Colorado State University  
1952 Shirley McFie Sammons

**PHI** Washington University-St. Louis  
1970 Sara Murdaugh

**PSI** University of Oklahoma  
1921 Mildred Whiteman Moseley  
1929 Alice Browne Quan

**OMEGA** Iowa State University  
1932 Barbara Hershe Zimmerman  
1938 Sylvia Hardy Trewin  
1938 June Hughes Mouden  
1946 Marion Billington Fuechsel  
1946 Alice McMahon Wesenberg  
1960 Virginia Martin Leritz  
1962 Mary Dresser Taylor

**KAPPA** University of Minnesota-  
Minneapolis  
1927 Lucille Miller Anderson

**ALPHA BETA** University of North Dakota  
1950 Mary Holte Wampler  
2000 Dru Sjodin

**ALPHA DELTA** University of Missouri-  
Columbia  
1930 Edith Wells Chapman  
1933 Dorothy Ward Martin  
1954 Margery Klein Steiner

**ALPHA EPSILON** University of Arizona  
1929 Gladys Eite Taylor

**ALPHA MU** Rollins College  
1949 Pauline Clark Miller

**ALPHA NU** Wittenberg University  
1941 Audrea Pfanner Heeter

**ALPHA XI** Southern Methodist University  
1949 Joanne Herrin Bell  
1951 Greta Espinosa Otstott

**ALPHA OMICRON** North Dakota State  
University  
1951 Darlene Sauer Borman

**ALPHA SIGMA** Randolph-Macon College  
1937 Suzanne Kanour Scott

**ALPHA UPSILON** Penn State University  
1936 Julia Brandt Edwards

**ALPHA CHI** College of William & Mary  
1934 M. Agnes Gordon Van Norren

**BETA BETA** University of Maryland  
1956 Shirley Corkran McCulley

**BETA GAMMA** Bowling Green State  
University  
1971 Patricia Keckley Nettnin  
1992 Jamie Cope

**BETA ZETA** Kent State University  
1953 Dorothy Dette Corrigan

**BETA LAMBDA** San Diego State University  
1965 Ann Vurgason Smith

**BETA PSI** Oklahoma State University  
1958 Elizabeth Shannon Doenges

**DELTA LAMBDA** University of California-  
Riverside  
1986 Katherine Atikian

## KATIE ATIKIAN MEMORIAL FUND

In lieu of flowers, two memorial funds have been set up in Katie Atikian's (California-Riverside) name.

**UACC/THE KATIE ATIKIAN MEMORIAL  
SCHOLARSHIP FUND**  
3480 CAHUENGA BLVD.  
LOS ANGELES, CA 90068

This fund is through the church Katie attended, United Armenian Congregational Church, the family will be able to administer this scholarship fund in Katie's memory.

**The A.R.S. Orphan Fund**  
517 West Glenoaks Blvd.  
Glendale, CA 91202

This fund will benefit orphans living in Armenia.

Katie touched so many lives and her memory and joyous smile will live on forever.

## UNRESTRICTED GIFTS

Unrestricted gifts of \$125 or greater have been given in memory of the following members. In honor of these gifts, the Gamma Phi Beta Foundation will inscribe a brick in the Sisterhood Plaza.

**LAURA HARKRADER CAMPBELL**  
(Kansas '19)  
Catherine Campbell Dunmire

**FAYE GRAVES ADAMS**  
(Iowa State '25)  
Patricia Adams Smith

**JANET INMAN ARBUCKLE**  
(British Columbia '74)  
Judy E. Graham  
Deb Berto

**LORRAINE AMMAN BOWER**  
(Denver '36)  
Bud & Nancy Amman

**MABEL A. EDGE**  
(Wisconsin-Platteville '69)  
Platteville Alumnae Chapter



The Gamma Phi Beta Foundation acknowledges the following individuals who contributed to the Foundation in memory of a loved one. Memorial Gifts are listed alphabetically with the person being memorialized in **BOLDFACE** type. The name of the person making the gift appears below. This list represents gifts received thru April 16, 2004.

**ELEANOR BARLOW EVANS** (Syracuse '42)  
Janet Barlow Moore

**CAROLYN MOONEY**, mother of Laura Mooney Mayville (St. Louis '83)

Sandy Burba	Mary Knaup
Terri Briggs	Krista Davis
Carleen Sullivan	Ann Bronsing
Diane Goff	Linda D. Johnson
Shellie Hodges	Betty Quick
Adra Cheek	Stacey Janczak
Suzanne Lehman	Kristen Worden

**CLYDE MOORE** (Southern Methodist '38)  
Gladys H. Myles      Beverly Vandervoort

**JANET MOUNT PIPKORN** (Wisconsin-Madison '50)  
Cathy Einum Eimerman

**RITA SIRM STEFFEN** (Bowling Green State '49)  
Joan V. Brydon      Ruth Hettler

**BETH ROWNEY** (Michigan State '69)  
Jennifer H. Moeller      Sally E. Lewis  
Fraya Lynn Hirschberg      Ann Campbell  
Chicago Alumnae Chapter      Jeannine Kallal  
Elizabeth K. Ware  
Epsilon House Corporation Board  
Chicago Northwest Suburban Alumnae Chapter

**STEPHANIE GIBSON PETERS** (Oklahoma '70)  
Thomas and Ruth Ann Pierick

**ANGELA DAWN PATTON** (Oklahoma '89)  
Angie Daniels Bishop      Kelli Kinder Ball  
Melanie Burris Fields      Gayle Stewart Taylor  
Julie Canfield Davidson      Kristi Hintergardt

**DR. ROBERT THOMPSON**, husband of Diane Thompson (Iowa State '67)  
Sandra Nauman      Patricia Giese  
Linda D. Johnson      Betty Quick

**FATHER OF VIRGINIA GOTTFREDSON** (Nevada-Reno '65)  
Sandra Nauman      Jacki Falkenroth

**MARYLOU STUTSMAN** (California-Los Angeles '34)  
San Fernando Valley Alumnae Chapter

**DOROTHY BACHELLER**, mother of Jane Bacheller Habermann (Colorado State '62)  
Delta Psi Chapter  
Santa Barbara Alumnae Chapter

**ELLEN REED BURNS** (California-Los Angeles '33)  
Beverly Gosnell      Maria Higgins  
Charlotte Patch      L'Cena Rice  
Beverly-Westwood Alumnae Chapter

**FLORENCE COOPER BLIGHT** (California-Los Angeles '33)  
Reynold M. Blight      L'Cena Rice  
Beverly Gosnell      Beverly Marksburg  
Barbara White-Thomson      Gage Hewes  
Pasadena Alumnae Chapter      Betty R. Saliba

**ELIZABETH "LIZ" YOUNG** (San Diego State '02)  
Kathy Meadows Smith      Cinda Lucas

**EILEEN ELMORE**, mother of Roberta Elmore Coffee (Washington State '59)  
**LINDA CORPENING FLOOD** (Denver '57)  
Leigh Ann Kudloff

**CHARLOTTE BALLARD** (Oklahoma '27)  
Oklahoma City Alumnae Chapter

**GLORIA HELLER DEPHILLIPS** (Maryland '45)  
Dr. Charles T. DePhillips

**WILLIAM LLOYD JONES**, husband of Betty Mae Conner Jones (Oklahoma '42) and father of Annabel Jones (Oklahoma '73)

**BETTY KATHRYN JONES JENNEMAN** (Oklahoma '75)  
**JANET LYNN JONES** (Oklahoma '78)  
Genie Street      Betty Quick

**HELEN DOSS MALONEY** (Iowa State '35)  
John J. Maloney

**TAVIA FOSTER WALLACE** (Northern Arizona '61)  
Judith Machin Crimmins

**NANCY HUNDLEY BROOKS** (Oklahoma '56)  
Carol Grinstead Maupin  
Psi Chapter and House Corporation Board

**VIRGINIA HILL LAMAY** (Nebraska-Lincoln '48)  
Jane M. Cary

**SANDRA WINSLOW STEINER** (Southern California '55)  
Anne Rindge      Lynne Lawlor  
Sheila Magnuson      L'Cena Rice  
Rosalind De'Prey      Gigi Eyre  
Dottie Throop

**SUZANNE SINGER CURRY** (California-Los Angeles '50)  
**JEAN BRAUNLICH GREER** (Iowa '39)  
Quad Cities Alumnae Chapter

**THOMAS E. DAILY**, husband of Jean Daily (Indiana State '54)  
Diane Goff      Betty Quick

**PHILLIP LAYTON**, father of Anne Louise Layton (McGill '70)  
Diane Goff      Linda D. Johnson  
Mary Knaup      Betty Quick

**DOROTHY HOPE BABCOCK**, mother of Linda S. Babcock (California State-Long Beach '68)  
Diane Goff      L'Cena Rice  
Betty Quick

**SUE HARRIS REECE** (Missouri-Columbia '47)  
Sally Clapp Ebinger      Marietta Lenox Kint  
Virginia Youngman Scholin

**BARBARA LECOCQ MCGINNIS** (Washington '53)  
Anne Adams Moldrem

**ANNE PICKETT CARSTENS** (Nebraska-Lincoln '33)  
Katherine Carstens Safirs

**ANN MITCHELL PRICE** (Vanderbilt '46)  
Andrew Price

**MARIAN ATWOOD**, grandmother of Kate McGrath (George Mason '90)

**MARIAN CARBONE**, mother of Lois Carbone McKenzie (Northwestern '58)

**CAROL CARBONE TERRY** (Northwestern '61)  
Zeta Beta House Corporation Board  
Julie Pawelczyk  
Tracy Stack Johnson

**WYLODEAN CORNELISON SAXON** (Oklahoma '50)  
Psi Chapter and House Corporation Board  
**FRANCES GOWING CHAMBERLAIN** (Syracuse '39)  
Mary Goodwin

**TERRY KUHN TREIBER** (Michigan '56)  
Mary Anne Zinn

**CAROLE COLES GRAVETTE** (Bowling Green State '54)  
**VIRGINIA HAVENS KORN** (Colorado College '42)  
**JOANNA M. RICHEY**, aunt of Marita Kirkpatrick Mahan (Indiana State '84)  
Dayton Alumnae Chapter

**HOWARD ARNEGARD**, father of Valerie Arnegard Underwood (Oklahoma City '68)  
Dayton Alumnae Chapter      Adra Cheek

**VIRGINIA SCRUGGS HICKEY** (Kansas '37)  
Kathleen Rodway

**ANNE ELIZABETH BUFFE** (Michigan '61)  
Sharon Brubaker

**JOYCE ARMSTRONG WILKINS** (Oregon '51)  
Robert W. Wilkins

**DENNY BUNN**, husband of Rosemary Stone Bunn (Florida State '69)  
Joan Wagner

**ROBERT ODEN STUART II**, husband of Elizabeth Duff Stuart (Vanderbilt '80)  
Cindy Heinemann Waites      Mary Ellis Clark

**MARY A. ROST OEHLER** (Iowa '32)  
Susanne Oehler Keller      Gladys Lasser  
Vickie Finkes

**PATRICIA KECKLEY NETTNIN** (Bowling Green State '71)  
Rochester Alumnae Chapter

**RUSTEEN KAISER GREINER** (San Diego State '74)  
**ANN MARGARET VURGASON SMITH** (Pacific '65)  
San Diego Alumnae Chapter

**KATIE ATIKIAN** (California-Riverside '86)  
Pasadena Alumnae Chapter      Gage Hewes

*MEMORIAL GIFTS CONTINUED ON PAGE 28*



The Gamma Phi Beta Foundation acknowledges the following individuals who contributed to the Foundation to celebrate a special event. This list represents gifts received thru April 16, 2004.

In Honor of Alpha class of 1969.  
**Fay Foster Privatera**

In Honor of Ruth Beach, house mother and sister and friend.  
**Clarissa J. Caglio**

In Celebration of the birth of Jordan Chase Shellow on August 21, 2003 to Scott and Rhonda Mehlman Shellow.  
**Balboa Harbor Alumnae Chapter**

In Celebration of Lila Wallich's 100th Birthday.  
**Pasadena Alumnae Chapter**

In Celebration of Sara and Craig Parker on the birth of their daughter Alana Cheri Parker on Thanksgiving Day, November 27, 2003.  
**Sara Parker**

In Celebration of Alice Reedy for her many years of leadership in the Sarasota-Manatee Alumnae Chapter. We will miss her as she moves to the Villages.  
**Jean Daily**

In Celebration of the birth of triplets Kellen Robert, Kylie Marie and Karston Lee to Steve and Carleen Rose Sullivan.

<b>Terri Briggs</b>	<b>Diane Goff</b>
<b>Shellie Hodges</b>	<b>Krista Davis</b>
<b>Angie Dimit</b>	<b>Julie Dunn</b>
<b>Fran Lapham</b>	<b>Kristen Slaughter</b>

Congratulations to Kate Phillips Hosmer (Gamma Phi '96) my sorority sister and sister-in-law, on the birth of her second son, Matthew Phillips Hosmer, January 27, 2004.  
**Caren Davidson Hosmer**

In Celebration of Brenda Rickert being named Interim Executive Director of Gamma Phi Beta.  
**Frances Rea Griffin**

In Celebration of graduating seniors Zeta Omicron Chapter.  
**Cleveland West Alumnae Chapter**

In Celebration of Megan Elizabeth, born February 10, 2004. Proud parents are Derek and Elizabeth Schaffer Giromini (Alpha Xi '98).  
**Kelly Nelson Lowers**

In Celebration of the birth of legacy Isabel Grace to Glen and Lori Sandquist Hinz.  
**Janel Madden**

In Celebration of the birth of legacy Claire Olivia to Lynn and Janel Kroeger Madden.  
**Janel Madden**

In Honor of Joyce French and Bev Lang who chaired the 2003 Antiques, Garden and Home Design show in Kansas City.  
**Greater Kansas City Alumnae Chapter**

In Celebration of Ruth Mendenhall  
**San Fernando Valley Alumnae Chapter**

In Celebration of the support of Christa Fruchtl at the NPC meeting.  
**Betty Quick**

In Celebration of the following sisters for handling registration at the NPC meeting: Mary Knaup, L'Cena Rice, Rene Matz, Gretchen Reiter, Una Mae Markel, Kathleen Smith and Carolyn Tobin.  
**Betty Quick**

In Celebration of the birth of legacy Chase Elizabeth to Melissa Metcalf  
**Jeannine Kallal**

In Celebration of the hard work done by and the successful meeting of the 2002-2004 Nominating Committee composed of the following members: Terri Briggs, Peggy Mauter, Sharon Dunham, Ann Bronsing, Susan Schneider, Melanie Kelsey, Julie Burnbaum and Whitney Passmore.  
**Frances R. Griffin**

In Celebration of baby Rachel, born February 10, 2004, to Robert and Alison Plaskon Foster.  
**State College Alumnae Chapter**

In Celebration of the marriage of Jennifer Schoen (Delta Lambda '95) and Don Franks.  
**Adra Cheek**

In Celebration of Collegiate Ops: Adra, Laura, Mary and Megan. Thanks for your support over the past years. You are the best team, friends and most fabulous Gamma Phi Betas!  
**Shellie King Hodges**

Happy "Milestone" Birthday to Tara Gasaway Polston (Beta Pi '86).  
**Marita Kirkpatrick Mahan**

## SISTERHOOD PLAZA

**■ IN RECOGNITION OF THE FOLLOWING IN CELEBRATION GIFTS OF \$125 OR MORE, THE GAMMA PHI BETA FOUNDATION WILL INSCRIBE A BRICK IN THE SISTERHOOD PLAZA.**

Sacramento Valley Alumnae Chapter  
**Sacramento Valley Alumnae Chapter**

Ralphine Newlin O'Rourke - 2002  
**Merlin Staring**

Marjorie Kugler  
**Jane A. Kugler, M.D.**

Sue Soderstrom  
**Susan Soderstrom Dively & Diane Soderstrom Goff**

Nancy Hall Pawka - San Diego State '68  
**Geneva Shaw Thomas**

Epsilon Gamma 2004 Seniors  
**La Jolla Alumnae Chapter**

**■ THE FOLLOWING PARENTS CONTRIBUTED \$125 OR MORE FOR A SISTERHOOD PLAZA BRICK TO BE INSCRIBED IN HONOR OF THEIR DAUGHTER:**

Danielle Franceware - California-Santa Barbara '02  
**Michael Franceware**

Megan Farrell - Colorado-Boulder '02  
**Richard and Mary Farrell**

Leslie Allison - Oklahoma '00  
**Chris and Kathy Allison**

Kristen Ficho - Wisconsin-Madison '01  
**Tom and Cindy Ficho**

### MEMORIAL GIFTS CONTINUED...

**ELIZABETH ANN LAROQUE**, mother of Stephanie LaRoque Richards (California-Irvine '74)  
Delta Eta House Corporation Board

**DEE G. ANDROS**, husband of Luella Thomas Andros (Oklahoma '48)  
Corvallis Alumnae Chapter

**ALICE BROWNE QUAN** (Oklahoma '29)  
Oklahoma City Alumnae Chapter

**MARY ANN HOLTE WAMPLER** (North Dakota '50)  
**SUSAN BORROW FLOOD** (Washington '61)  
Denver Alumnae Chapter

**HAROLD SUTHERLIN**, father of Tara Gasaway Polston (Indiana State '83)  
Marita Kirkpatrick Mahan



# Running a marathon



By Rebecca A. Beardslee (Denver) | Managing Editor

Why run a marathon? "It's a huge accomplishment," says Carrie Scott (Denver), veteran marathon runner. "Only 1 percent of the population can say they've finished a marathon; the training that goes along with it requires dedication and discipline."

How long is a marathon run? It is 26.2 miles. If you were driving at 60 miles per hour, it would take you a half-hour to drive it!

Other benefits of marathon running include:

- \* Increased energy
- \* Improved health
- \* A sense of accomplishment
- \* Increased discipline
- \* Quality time outdoors
- \* A chance to prove yourself to yourself
- \* Toned body and legs
- \* Being able to check off one of your life goals

## Evaluating your current state

Have you ever run before? Do you enjoy running? You may be a natural runner who will find training easy. If you're new to running and new to the recommended training program, consider how much time you need to train for a race. Some marathoners recommend a 26-week (six months) training program. If you're already involved in a fitness program, it may take less time. Most people start off running three to six miles and work their way up. The Gamma Phi Betas interviewed for this article averaged 16-18 weeks of training.

The intimidation factor keeps many people away from marathons, but if you begin slowly and gradually build your endurance, you might surprise yourself. Imagine crossing the finish line—a goal achieved by only a small percentage of the population! Just the thought of crossing the finish line is enough to motivate a lot of runners during their training.

## Where To Find The most important equipment

Running shoes—those specifically made for running—are the most important piece of equipment. Use them only for running, and not for casual wear, which shortens their lifespan. Worn shoes could adversely affect your training and health.

Visit stores that specialize in running shoes and talk with employees who can help you make the best choice. Even though large sporting

goods stores offer enticing sales, smaller specialty shops usually have the most knowledgeable personnel. Shoe selection depends on the shape of your foot and how you land when running. If you have an old pair of running shoes, take them to the store, because worn areas reveal a lot about what type of shoe you need. Try to shop for shoes after you've been walking to mimic the slight swelling experienced from running. And try on shoes with your own socks. As for the rest of your gorgeous ensemble? Go for comfort!

## 6 month Training program

Work your way up to the training schedule below if you're among the many who can't run for 30 minutes without stopping. (This means you'll probably need more than 26 weeks to train). Start by walking and jogging five days a week until you feel ready to handle the following regime, which is intended for individuals who are already in good shape.

The long run should be one day, and the short run the other four days per week. The Gamma Phi Beta members recommend doing the long run whenever you have the most free time.

Weeks 1-2:	Run 4 miles long run, 2-4 miles the other days
Weeks 3-4:	Run 6 miles long run, 4-5 miles the other days
Weeks 5-6:	Run 8 miles long run, 4-6 miles the other days
Weeks 7-8:	Run 10 miles long run, 4-6 miles the other days
Weeks 9-10:	Run 11 miles long run, 5-8 miles the other days
Weeks 11-12:	Run 12 miles long run, 5-8 miles the other days
Weeks 13-14:	Run 14 miles long run, 6-8 miles the other days
Weeks 15-16:	Run 16 miles long run, 6-8 miles the other days
Weeks 17-18:	Run 10 miles long run, 4-5 miles the other days
Weeks 19-20:	Run 16 miles long run, 6-8 miles the other days
Weeks 21-22:	Run 16 miles long run, 6-8 miles the other days
Weeks 23-24:	Run 14 miles long run, 6-8 miles the other days
Weeks 25-26:	Run 10 miles long run, 4-8 miles the other days

You'll notice that the above distances never reach the "marathon" mark, meaning they come in under 26.2 miles. The idea is to build your stamina to the point where the difference between 16 miles and 26.2 miles isn't all that jarring. If you can handle the above schedule, you'll do fine on the day of the actual run.



## members in Training

Many members of Gamma Phi Beta have successfully completed marathons. We went to our "experts" to learn their recommendations. The first two are running with "Team in Training" to benefit the Leukemia and Lymphoma Society (LLS).



**ALUMNA**  
**KATHLEEN HOLMES (Θ)**

**BACKGROUND:** Kathleen's first marathon was June 19, 2004, in Anchorage, Alaska, and her training program was about 18 weeks. In addition to training for the event, she raised funds and awareness for blood-related cancers. "Working as a team, we have experienced coaches helping us train and we 'run' in the name of one of the honored patients, so we actually know the people for whom we're training," Kathleen says.

"The accomplishment of running a marathon is amazing, but what is even more profound to me is the fact that I did it for all the people afflicted with the disease, and who can't even run around the block." Kathleen hopes that through her efforts, one day they'll be able to lace up their shoes and join her.

**FUTURE ASPIRATIONS:** Kathleen and her 100 training buddies made a commitment to run for this cause, but her future hopes for marathons are very humble: "Right now, it's just to finish...and to do so with as little pain as possible. We'll see. If this is successful, I might try another one!"

**TIPS:** "Training is tough work and takes dedication and patience. Be sure to consult professionals about training, nutrition, health, shoes and other equipment."



**COLLEGIAN**  
**ANNA BROUGHTON (AE)**

**BACKGROUND:** Anna Broughton, a sophomore at the University of Arizona, ran for the lives of those who benefit from the efforts of the Leukemia and Lymphoma Society of America. She ran the Suzuki Rock N' Roll Marathon on June 6, 2004 in sunny San Diego. 26.2 miles of beautiful scenery, more than 40 live bands, people cheering and even some treats along the way.

Three-quarters of the money raised went toward research and patient care. "My motivation is that this money will help find a cure," says Anna.

**GABBI:** Anna ran in honor of Gabbi, a 7-year-old girl whose family relies on LLS to help fund her treatment. "Knowing that Gabbi might never get to experience college is all the more reason to help out," says Anna.



**ALUMNA**  
**CARRIE SCOTT (Θ)**

**BACKGROUND:** Carrie has successfully completed two marathons and is training for her third—the Las Vegas Marathon in February 2005. She ran the San Diego Rock 'N Roll Marathon in June 2002 and the Chicago Marathon in October 2003. Carrie runs year-round and follows an intensive 18-week program prior to each marathon.

**MOTIVATION:** Running along scenic trails in Denver, Colorado makes her long runs easier, and listening to hip-hop inspires her. Carrie also sets small goals for herself: "For instance, if I make it over that hill, I'll do an energy gel shot. It's the little things that help keep me focused."

Because running is such an individual sport, most runners prefer to train alone, and Carrie agrees.

**FUTURE ASPIRATIONS:** "To qualify for the Boston Marathon!"

**TIPS:** "Running a marathon is 70 percent mental; but don't ignore your body. If you're feeling tired or sore, give yourself a day off. Listen to your body. The weekend long runs are the most important. Take a day or two off during the week if you need it, but don't skip out on the long runs. They prepare you for the physical and mental challenge of the 26.2 marathon miles."



**ALUMNA**  
**MEGAN SMILEY (BΣ)**

**BACKGROUND:** Megan is currently training for her fourth marathon—the Chicago Marathon in October 2004. Her training program is approximately four months. She has been a distance runner all her life, and ran women's track and cross country at Washington State University. She feels this past experience makes it easier for her to run marathons.

**APART FROM THE CROWD:** A couple of unique factors about Megan's training are that she does not listen to music while running and really enjoys the long distance run, which some people do not.

drates—lower fat choices, such as pasta, bread and potatoes—to fuel your workouts.

## BASIC FOOD TIPS

- \* Eat meals high in carbohydrates and low in fat. Don't forget the lean proteins: chicken, fish and legumes.
- \* Eat fruits and vegetables, but be sure not to have too many the day before the marathon.
- \* Drink plenty of water, even on days you're not running. During your training period, you'll need to consume 3-4 liters of water a day at a minimum.
- \* Eat a small snack and have a glass of water about half an hour before you run. Carbohydrates are usually the best choice, with dairy being the worst.

## Eat Right

Training for a marathon is a great reason to begin eating more nutritiously. The best part is you might be able to eat more than usual because you're burning so many more calories. Eat a lot of carbohy-



# injury prevention Tips

Injuries are something that most runners face and must work to prevent. Check out the following injury prevention tips before you take off on your next run. This information is taken from [www.soyouwanna.com/site/syws/marathon/marathon.html](http://www.soyouwanna.com/site/syws/marathon/marathon.html)

## 1. Find a Friendly Surface

The best surfaces for running are firm (not mushy or slippery), relatively flat (without camber), smooth (without ruts or holes) and provide some degree of shock absorption. The harder the surface, the greater are the chances of an injury.

## 2. Warm Up and Cool Down

The chances of injury are greater first thing in the morning, when muscles are cold. When you roll out of bed, your muscles and soft tissues are tight. In fact, your muscles are generally about 10 percent shorter than their normal resting length.

## 3. Stretch Firmly but Gently

The best time to stretch your muscles is not before your exercise but after when your muscles are already warmed-up and elongated. Flexibility exercises always stretch the muscles slowly and gradually.

## 4. Keep Your Training Schedule Flexible

The easiest way to avoid injuries is to never train hard on a day when you feel any pain upon arising. As easy and simple as this advice sounds, you'd be amazed how many people ignore it.

## 5. Alternate "Hard" and "Easy" Training

Experts recommend never performing hard workouts two days in a row. Give yourself at least one day of easy running or rest between hard workouts. This is known as the "hard-easy" method of training.

## 6. Pace and Space Your Races

General rule: Take one easy day or rest day for each mile of the race. And certainly don't race again until that period has passed. For example, allow an entire easy week following a 10K race and an easy month after completing a marathon. Top marathoners usually run only two or three marathons a year because of the toll it takes on the body.

## 7. Keep Records of Your Running

It makes perfect sense for runners to keep logs. Charting your distance, pace, type of course, running weather, choice of shoes and other key factors gives you a much-needed perspective. With a running log, you can objectively trace your progress and detect problems or inconsistencies in your time or lengths of the training program.

\* Experiment to discover which foods work best for you before your workouts.

\* Reserve "carbo-loading"—eating more carbohydrates than proteins or fats—for the day or two before a marathon. However, don't eat more than you usually would in one sitting. Because your body converts carbohydrates to energy faster than it does with other foods, it's common for marathoners to eat a bowl of pasta the night before a race.

## staying motivated

Running is just as mental as it is physical. If you aren't motivated to finish your long runs, or if you let life get in the way of running each training day, you'll forget why you started running in the first place and your fear of not completing your first marathon will become a reality. Many people who train for a marathon don't even make it to the starting line because of their loss of motivation in preparation for the big race. Don't let yourself stand on the sidelines this year; remember why you wanted to run a marathon, and this will help you check off one of your life goals.

Running with another person or a training team/club will definitely help you stay motivated. Just knowing that people are expecting you may just be enough to help you out of bed. Get yourself some new running gear or put a different playlist on your MP3 player so you have something to look forward to. If you have to, change your playlist every time you run. Running a different route than usual will also keep running new and exciting, just the way it was when you first started training. Instead of taking off from your home base, drive to a park and run around it for a change. As long as you keep things exciting and different, you'll build the groundwork for being so motivated to actually complete a 26.2 mile run!

Although running and committing to a marathon is not for everyone, we applaud our members who have taken on the challenge and successfully completed the race. The preparation and endurance it takes to undertake such a feat is immense. Consult your physician on training, nutrition and injury prevention before running your next marathon.

“There are clubs you can't belong to, neighborhoods you can't live in, schools you can't get into, but the roads are always open.”

-- Nike



# BIG PLANS BRIGHT FUTURE

The 2003-2004 CLCs have big plans for the future; some have jobs lined up and some will attend graduate school. Before they head off to pursue their dreams, we asked them to take a second to reflect on their year as Gamma Phi Beta Collegiate Leadership Consultants.

“I was thrilled to have the opportunity to meet so many bright, talented and outstanding leaders. I have never had the chance to be surrounded by such incredible women. I also loved the opportunity to interact with the collegiate women in challenging situations.”

--Kathy Bruggencate



Kathy, Abby, Mo, Cara and Jenna

“I was constantly surprised during my travels with the deep level of commitment to Gamma Phi Beta that many women I worked with demonstrated—from collegiate members to extremely dedicated alumnae members. It was exciting for me to explore different areas of the country to note both the differences and similarities between women across the nation. I think that being a CLC was a really unique way to spend a year of my life that exposed me to different cultures and ways of life while also helping me to renew my personal commitment to the values of the organization.”

--Abby Wike

“I became personally involved with international officers and saw how my suggestions made chapter life better. I also helped chapters, close geographically, connect on a different level. I am happy to say that I have friends all over the country now. Thank you to everyone who made my year a success; I had a blast!”

--Mo Kieffer

The CLCs practice pilates at International Headquarters.



“Being a CLC was a year I will never forget; the best words that I can use to describe it would be: interesting, challenging, exciting, entertaining and a true learning experience. I met women who taught me so much, learned valuable lessons about life and dedication and my year made me love Gamma Phi Beta even more than I could have ever imagined.”

--Cara Muccino

“Being a CLC gave me the opportunity to meet ΓΦBs all over the country and visit many new places. I gained so many great friendships with the other consultants as well as chapter members and alumnae as well. It really challenged me to grow and develop and gave me experiences and memories that will last a lifetime.”

--Jenna Venema